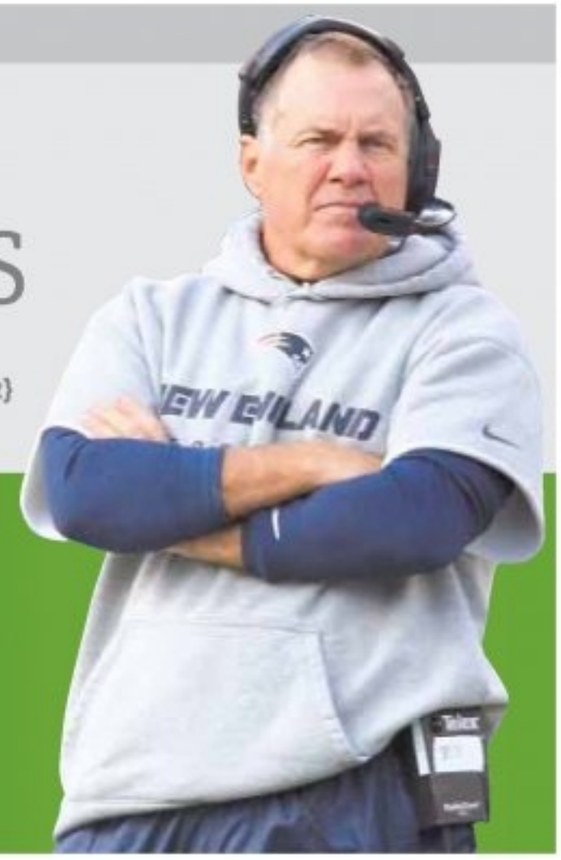
Executive MBA
D'Amore-McKim School of Business
Now enrolling for January 2013
Register at www.mba.northeastern.edu Northeastern University

STABILITY IN COACHING RANKS HAS BEEN KEY {page 22}



metro®
Max 47°
Min 34°
BOSTON
Wednesday, November 14, 2012

Boston has most drug-related hospital visits in the country

Report shows Eastern Massachusetts emergency rooms treat more high patients than New York City, Chicago and Detroit The region also ranks first for ER visits involving heroin, four times the national average {page 04}

Winter. Homeless

With winter fast approaching, roughly 6,650 homeless men, women and children in the city are struggling to find shelter. {page 02}

NICOLAUS CZARNECKI/METRO

the word

Rihanna takes us around the world in a week

Ri Ri is on a whirlwind tour for her new album and Metro is on the plane with her {page 08}

local

Mayor to stay hospitalized

{page 05}

ONLINE MASTER'S DEGREE PROGRAMS: NO GMAT REQUIRED

- Master of Business Administration (MBA)
- Master of Science in Finance (MSF)
- Master of Science in Business Ethics & Compliance (MBE)

Accredited by the New England Association of Schools and Colleges

necb.edu | 1.800.997.1673

NEW ENGLAND COLLEGE OF BUSINESS AND FINANCE

By the numbers

13

Boston University had the 13th highest population of international students among U.S. colleges for the 2011-12 academic year, according to a report released Monday by the Institute of International Education, which said the university had 6,041 international students last school year.
METRO

Today's local tweet

"Thank you to the man who shared his umbrella with me this morning at #Copley! #Boston #RandomActOfKindness"

@ANNATOMASULO ON MODERN-DAY CHIVALRY

In the news

Police release video of Beacon Hill suspect

BOSTON. Boston police yesterday released a video showing a man suspected of breaking into a Beacon Hill apartment last week and sexually assaulting a woman there.

Boston police said the man forced his way into the Beacon Hill home around 3:15 a.m. Saturday and sexually assaulted and robbed a woman. The home is near Joy and Myrtle streets, police said, remaining tight-lipped on further details.

The video shows the suspect using a Bank of America ATM machine and wearing a tan jacket and backpack. He appears to be covering his face with an object in his hand during the transaction.
METRO

Boston to get new comedy club

BOSTON. The Improv Asylum is expected to announce today the opening of a new comedy club.

The North End-based comedy theater will reveal plans to bring a comedy club to Boston during an event at the Westin Boston Waterfront Hotel. Renderings and the club's name are expected to be unveiled during the event.

The group is billing the club as "the new home for Boston comedy." METRO

Kerry rumors fire up Senate appointee talk

MASSACHUSETTS. With speculation swirling about the possibility of a Cabinet appointment for U.S. Sen. John Kerry, the possibility that Gov. Deval Patrick could soon have to appoint an interim senator to fill Kerry's office until a special election is held is stoking questions about how Senate vacancies have been handled in the past.

Asked about the matter yesterday, Patrick said, "It's too soon to say what I'm going to do because we don't have a vacancy yet."

A report in the Washington Post this week suggested President Obama might be considering Kerry, the senior senator from Massachusetts, for secretary of defense. SHNS

Homeless: A cold reality

As temperatures drop, city shelters see a rise in demand • Homeless people with health problems are at particular risk during bad weather • Homelessness numbers drop in 2011, but remain high for the decade

NICOLAUS CZARNECKI/METRO

▶ A man sleeps at the Boston Common yesterday.

Donnie Burchett sat on Summer Street in Downtown Crossing on Monday afternoon, behind a cardboard sign asking for money.

A former U.S. Marine, Burchette, who is in a wheelchair, is one of hundreds of veterans in the city who are in need of housing.

"I don't feel like I deserve more than any other person who served," he said.

Last week, he and another veteran who goes by "Staff Sgt. Kevin," got a taste of what it will be like this winter if they can't get housing.

"It was so cold last week [Burchett] could barely move his arms to wheel the chair, so I had to push him," Kevin said. "I don't mind – we're together until the end – but I mean, it was cold.

With winter fast approaching, their story likely resonates with the roughly 6,650 men women and children in the city who are homeless.

While that number has declined 2.4 percent since 2010, the numbers have crept up a little in the past decade. In 2002 there were 6,210.

"The recession certainly has had an impact, but there is also an issue of poverty and high housing costs. The shelter population has grown because there is not enough affordable housing," said Jim Greene, director of Boston's Emergency Shelter Commission.

"As weather gets colder, we certainly see that already crowded shelters fill up and are over capacity," Greene said.

It's not an unfamiliar sight in certain pockets of Boston to see people panhandling, lugging their belongings or sleeping on public property, and one place that is no stranger to people seeking refuge is the MBTA.

"We do have a number of homeless individuals who will go to our stations during inclement weather, and we often attempt to have conversations with them to try to encourage them to go to shelters," said MBTA Superintendent-in-Chief Joseph O'Connor.

Oftentimes people seeking shelter will go to T stations because they are warm and dry, O'Connor said.

There have been occasions when the MBTA has allowed the homeless to spend the night in South Station. However, in those situations extra transit officers are assigned to the station at the request of the city to make sure everyone is safe.

But in coming months, as the inevitable freezing temperatures and snow descends on the Hub, Greene said Bostonians should keep their eyes peeled for anyone in need of a hand.

▶ This man was spotted sleeping in Downtown Crossing during a recent homeless census.

"There is an attraction to South Station because there are a number of businesses ... for people to get coffee and have access to restrooms."
O'CONNOR

See someone, lend a hand

People who see others who are in need of shelter or other types of support can call the Mayor's 24-hour Constituent Line at 617-635-4500.

MORGAN ROUSSEAU
morgan.rousseau@metro.us

By the numbers

The 2011 homeless stats are as follows:

181

The number of homeless people living on the streets was 181, one fewer than the previous year, the lowest number since 1997.

2.2%

Homeless adults decreased 2.2 percent from 3,488 last year to 3,412 this year.

5.9%

The number of adults in emergency shelters was down 5.9 percent from 1,365 last year to 1,285 this year. This is the ninth time in 10 years that this category has shown a decrease.

3,235

The number of homeless people in families in Boston decreased 2.6 percent from 3,321 people last year to 3,235 this year. The number of households decreased from 1,158 to 1,082 this year.

2.99

The average household size of a homeless family in Boston is 2.99 people per family.

4.2%

The number of homeless children decreased by 4.2 percent from 2,013 to 1,928 this year.

Source: City of Boston 32nd Annual Homeless Census

T··Mobile·

FREE SAMSUNG 4G SMARTPHONES

TWO DAYS ONLY

IT'S THE BIG HOLIDAY SALE BEFORE THE BIG HOLIDAY SALES.

This Friday and Saturday, Nov. 16 & 17, get our hottest Samsung Galaxy 4G smartphones FREE. And get them on a plan only T-Mobile® offers:

New two-year contract on qualifying plan and mail-in rebate card required.

THIS FRIDAY AND SATURDAY, NOV. 16 & 17

UNLIMITED NATIONWIDE 4G DATA

VISIT T-MOBILE.COM OR A STORE NEAR YOU

Like us if you like 4G.

Featured devices only. Only T-Mobile offers unlimited data on a nationwide 4G network.

Offer valid 11/16-11/17/12 only; subject to change. Featured devices only; while supplies last. Taxes & fees add'l. **Unlimited features for direct U.S. communications between 2 people.** Domestic only. Available at participating locations. Credit approval, $35/line activation fee, & two-year contract with up to $200/line early cancellation fee req'd; deposit may apply. Not available with reduced price data service on Classic Choice. Roaming and on-network data allotments differ; see rate plan for details. Featured plan unlimited while on our network. Device and screen images simulated. **Mail-In Rebate:** Activation of qualifying plan required; must remain active and in good standing at time rebate is processed. Rebate cards not available in RI, CT, or Miami-Dade County. We reserve the right to substitute different models of equal or greater value. One device per eligible account. Rebate provided in the form of a MasterCard or VISA card. Allow 6-8 weeks for processing. See rebate form for details. **Coverage** not available everywhere. **Network Management:** Data traffic of Premium and Ultra plans will be prioritized over other currently offered plans during periods of congestion. Service may be slowed, suspended, terminated, or restricted for misuse, abnormal use, interference with our network or ability to provide quality service to other users, or significant roaming. See brochures and **Terms and Conditions (including arbitration provision)** at T-Mobile.com for additional information. ©2012 T-Mobile USA, Inc.

In the news

No charges yet filed against T driver after BU student is struck and killed

A 21-year-old Boston University student was killed Monday evening while biking in Allston after he was struck by a Route 57 bus around 6:30 p.m.

The man, who was not identified as of press time yesterday, was cycling near the intersection of Brighton and Harvard avenues when he was hit by the MBTA bus, which was driven by a 58-year-old driver who transit officials said had a "good record."

"Our hearts go out to the victim's family and friends, and to everyone who knew him," said Peter Fiedler, vice president for administrative services at Boston University, who described the accident as a "tragedy for the entire university."

NICOLAUS CZARNECKI/METRO

While no charges were filed as of yesterday, a T spokesman said the bus driver has been taken out of service while officials investigate the accident.

"The investigation into [Monday] night's fatal collision near the corner of Brighton and Harvard avenues in Allston remains active this morning," Suffolk County District Attorney's Office Jake Wark said yesterday, adding that the bus was the only vehicle present at the scene when police responded.

Wark also said the driver, who has been with the T for six years, was interviewed.

When police arrived on the scene, the victim was found lying on the ground with serious injuries. He was taken to Beth Israel Hospital, where he was pronounced dead shortly after. METRO/MR

Bay State ERs see most drug addicts in nation

A report released yesterday by the Massachusetts Health Council ranks the Greater Boston area as having the most drug-related emergency-room visits in the nation last year, about four times as high as metropolises like New York City, Chicago and Detroit.

Health Council spokesman David Newman said past reports only tracked alcohol, not substance abuse, so it was unknown how the region stacked up in prior years.

The region also ranked first — at a rate of four times the national average — among metropolitan regions for emergency-room visits involving heroin.

That drug posed a particular problem in Worcester last year, according to the report, which said that lifetime heroin use was twice the state and national averages.

The South Shore saw high reports of overdoses, with one person dying from them every eight days last year.

NICOLAUS CZARNECKI/METRO

▶ Mass. General is among several Hub hospitals that are treating a large number of patients on drugs.

Violent crime down

On a positive note, the report indicated that violent crimes were down dramatically last year from 2010, by as much as 8.5 percent. Murder was down 13.6 percent, forcible rape was down 8.7 percent and aggravated assault was down 10.1 percent. While the Bay State remains the most violent state in New England, with 428 violent crimes per 100,000 people, there have been significant decreases in violent crimes, especially in Boston, which is down 10 percent, Lowell, which is down 33 percent, and Springfield, which is down 24 percent.

"We need to recommit ourselves to prevention policies if we hope to limit these devastating diseases," said Susan Servais, executive director of the Massachusetts Health Council, in a statement.

MORGAN ROUSSEAU
morgan.rousseau@metro.us

News in brief

Parking tight at Logan Airport

BOSTON. Massport said yesterday that parking at Logan Airport is "exceedingly scarce" because of high demand as business travel peaks ahead of Thanksgiving. Supply will be critically low until tomorrow, officials said, recommending that travelers take the MBTA Blue Line or free Silver Line. METRO

Upper Crust shutters locations

MASSACHUSETTS. The Upper Crust Pizzeria chain closed most of its locations, and company heads are hoping an investor can bail it out. About 140 employees were laid off and 11 of the 16 locations were closed, company officials said during a bankruptcy hearing yesterday. Locations in Beacon Hill and Brookline are not part of the bankruptcy, and the West Roxbury, Plymouth and Newburyport locations remain open. BOSTON.COM

OPEN HOUSE
November 17th at 10 am Register at www.mpi.edu/openhouse
Come to our open house and learn about MPI's programs:
Practical Nursing, Medical Assistant, Phlebotomy and EKG Technician, Phlebotomy Technician, and Nursing Assistant with Home Health Aide training.
Application fee will be waived for those who apply during the Open House.
Medical Professional Institute
"Education for the Real World" ®
380 Pleasant St, Malden, MA 02148
www.mpi.edu Tel:781-397-6822

LAW OFFICES OF
JEFFREY S. GLASSMAN, LLC
PERSONAL INJURY • FREE CONSULTATION • NO FEE UNLESS SUCCESSFUL
AUTO ACCIDENTS • SLIP & FALL • DEATH CASES • WORKER'S COMP
We Will Travel To You • Call Now - We Are Easy To Talk To!
SERVING ALL OF MASSACHUSETTS
www.jeffreysglassman.com
617-367-2900
Toll Free: (888) 367-2900
Se Habla Español

Criminal Defense and Immigration Lawyers
Everyone makes mistakes.
It's how you fix them that matters.
Call or Text Vikas S. Dhar 24/7. We'll fix this.
617.935.6733
EMAIL: vikas@dharlawllp.com www.dharlawllp.com
• Dedicated Defense Team
• Offering 75+ years of criminal experience
• Former Prosecutors, Police Officers and Immigration Attorneys
DHARLAW llp
Vikas S. Dhar,
Partner, Dhar Law, LLP
Two Atlantic Avenue, 4th Floor
Boston, MA 02110

ATLANTIS
PHYSICAL THERAPY
62 WARREN STREET, ROXBURY, MA 02119
OUR TOUCH IS HEALING
OUR DOOR IS OPEN
CALL FOR YOUR APPOINTMENT TODAY!
WWW.ATLANTISPHYSICALTHERAPY.COM
T: 617-442-0111 F: 617-442-0110
All Health Insurance plans accepted Free Consultation

Mayor Menino to stay in hospital, back gets worse

- Mayor Thomas Menino has been in the hospital more than two weeks
- Doctors not sure when he'll be out
- Back injury hampering release

Doctors treating Mayor Thomas Menino said that the 69-year-old leader of Boston has suffered a setback during his hospitalization and that there is no time frame for when he would be released.

Today will be Menino's 19th day at Brigham and Women's Hospital. He initially went to see doctors on Oct. 26 after cutting his vacation in Italy short when he became ill with a virus and blood clot in his leg.

Those issues have been treated, his doctors said during a news conference yesterday, but Menino also suffered a compression fracture in his vertebrae while hospitalized. He started to recover from that, but in recent days it has become worse, doctors said.

"Our focus is on why his back is hurting more," said Dr. Dale Adler, who added that doctors are investigating the cause of the increased back pain.

Menino is having therapy twice daily and wears a brace to help treat the fracture. He is also up and walking around.

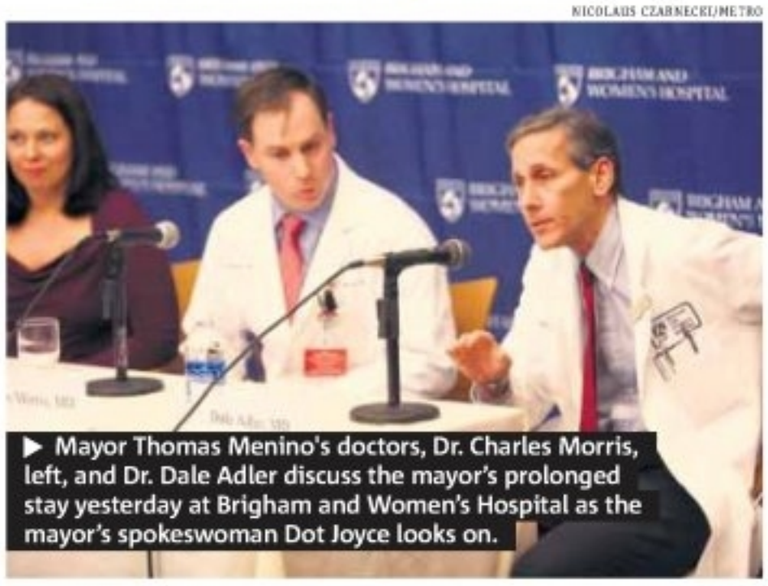
Dot Joyce, Menino's spokeswoman, said the mayor has been in contact daily with his staff and is being briefed.

"Obviously he's frustrated," she said. "He's a guy that likes to be out on the street seeing people."

Doctors said Menino is on various medications to manage pain but is alert and engaged.

"We have no reason at all to be concerned that the ... medications ... have any impact on his ability to be engaged and present," said Dr. Charles Morris.

NICOLAUS CZARNECKI/METRO



▶ Mayor Thomas Menino's doctors, Dr. Charles Morris, left, and Dr. Dale Adler discuss the mayor's prolonged stay yesterday at Brigham and Women's Hospital as the mayor's spokeswoman Dot Joyce looks on.

Quoted

"The mayor is doing quite well. ... He is recovering and still feels a little bit lousy."

DOT JOYCE, MENINO'S SPOKESWOMAN

Political decisions

Menino has served as the city's mayor for nearly 20 years, having been elected five times. He is the longest-serving mayor in Boston's history.

Menino would be up for reelection next year, but it is unclear if he plans to run.

When asked yesterday if he had made a decision because of his health issues, his spokeswoman said she wouldn't answer political questions.

"He's a tough cookie," said Dot Joyce, the spokeswoman. "No one should underestimate him."

For now, while he's in the hospital for the foreseeable future, there are no plans to have the City Council president step in, Menino's spokeswoman said.

MICHAEL NAUGHTON
michael.naughton@metro.us

In the news

Another woman tumbles onto Red Line tracks

A video released by the MBTA yesterday shows a 44-year-old woman walking off the platform at Andrew Station and tumbling onto the tracks.

The woman did not make contact with the third rail, a spokesman said, but was taken to Boston Medical Center with a minor leg injury.

There were no trains in the area, and the woman, who was not identified, was helped off the tracks by a customer.

In August, a mother holding her young son walked off the platform at the Kendall/MIT stop, and earlier this month a woman walked off the platform at Broadway Station. METRO

There's no time to snooze!

2.00% APY*
6 MONTH CD SPECIAL

Limited-time offer.
Take advantage of this GREAT RATE before it's too late.

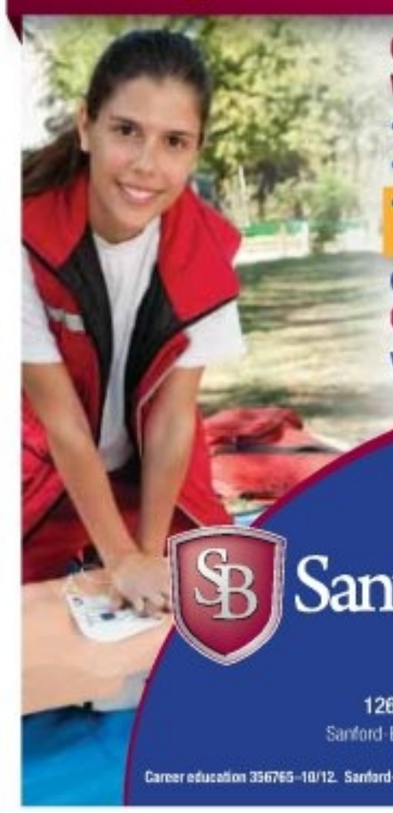
Cambridge Savings Bank

www.cambridgesavings.com

Member FDIC Member DIF

*Annual Percentage Yield (*APY) is current as of October 31, 2012 and is subject to change without notice. The Annual Percentage Yield (APY) assumes principal and interest would remain on deposit for at least one year. Promotional rate is for new funds not previously on deposit with Cambridge Savings Bank. A minimum balance of $1000 is required to open a personal account and $500 for an Individual Retirement Account (IRA). The maximum amount of deposit is $50,000 and there is a limit of one promotional account per household. Early withdrawal penalties may be imposed. Withdrawals or fees may reduce earnings. You must live or work in Massachusetts to qualify for this promotion. Offer is for personal and IRA accounts only.

Sanford-Brown LEARNING LINK℠



CONTINUING EDUCATION WITH SANFORD-BROWN!
- Learn new skills
- Expand your knowledge base
- Workshops starting in November! Call now to register!

Call Now and ask about our Continuing Education workshops in CPR!

Don't wait, register today!
617.578.7135
sanfordbrown.edu/Boston

Sanford-Brown COLLEGE
126 Newbury Street | Boston, MA 02116
Sanford-Brown College Inc., A Private Two-Year College
Career education 356765-10/12. Sanford-Brown College cannot guarantee employment or salary.

A Taste of Judaism: Are You Curious?
Explore spirituality ethics & community
Free classes taught by Reform Rabbis
For the beginner - Jewish or not
To register: 617-928-0012 or jschwartz@urj.org
www.reformjewishoutreachboston.org
URJ Reform Jewish Outreach Boston is supported by a grant from Combined Jewish Philanthropies of Greater Boston

Petraeus scandal widens, top US commander in Afghanistan implicated

The scandal involving former CIA Director David Petraeus widened yesterday as U.S. defense officials said they were looking into "flirtatious" e-mails between General John Allen, the top U.S. commander in Afghanistan, and a woman at the center of the affair.

Defense Department officials were sifting through 30,000 pages of e-mail and other communications between Allen and Jill Kelley, a Florida socialite whose complaints about harassing messages led to the discovery of Petraeus' affair with his biographer.

The revelation threatens to fell another of the U.S. military's biggest names after Petraeus' surprise resignation last week. It also complicates President Barack Obama's efforts to wind down the war in Afghanistan and reorganize his national security team following his reelection.

Defense Secretary Leon Panetta said Allen, a four-star Marine Corps general, would stay in his job for the time being, and the White House said Obama still had faith in Allen's ability to command U.S. troops in Afghanistan.

But asked how Obama saw the unfolding scandal at a time when his priorities include impending fiscal cliff, Press Secretary Jay Carney said: "I certainly wouldn't call it welcome."

Obama suspended plans to transfer Allen to Europe. He was to be the commander of U.S. and allied forces in the region.

The investigations raised questions about how top U.S. officials in sensitive national security posts allowed themselves to become so personally involved with the women. **REUTERS**

Flirty e-mails

A senior defense official told Reuters the e-mails between Allen and Kelley were seen as potentially inappropriate because they were "flirtatious" in nature, not because they dealt with sensitive information. Allen has denied that the two had a sexual relationship, officials said on condition of anonymity.

GETTY IMAGES

▶ Four-star Marine Corps General John Allen

The three women in the Petraeus case

Jill Kelley is a fixture on the Tampa, Fla., military scene, volunteering for community relations work with foreign military officers stationed at MacDill Air Force base.

She is also a friend of David Petraeus, and yet, she appears to have contributed to his departure as director of the CIA.

It was Kelley's complaints about harassing e-mails from the woman with whom Petraeus had an extramarital affair, Paula Broadwell, that later exposed the liaison.

Petraeus' wife of 37 years, Holly, is an official in the Consumer Financial Protection Department. **REUTERS**

GETTY IMAGES

▶ Holly Petraeus

Obama has faith in Allen to continue

President Barack Obama has faith in General John Allen to continue commanding U.S. forces in Afghanistan while under investigation for alleged inappropriate communication with a woman at the center of the scandal involving former CIA Director David Petraeus, the White House said yesterday.

Quoted

"He has faith in General Allen."

WHITE HOUSE SPOKESMAN JAY CARNEY TOLD REPORTERS, SAYING THE PRESIDENT BELIEVED ALLEN WAS DOING A GOOD JOB IN AFGHANISTAN

Carney reiterated Obama's call for the Senate to move quickly to confirm Allen's successor, General Joseph Dunford. **REUTERS**

DONATE YOUR CAR

Wheels For Wishes

Benefiting

MAKE-A-WISH

Massachusetts and Rhode Island

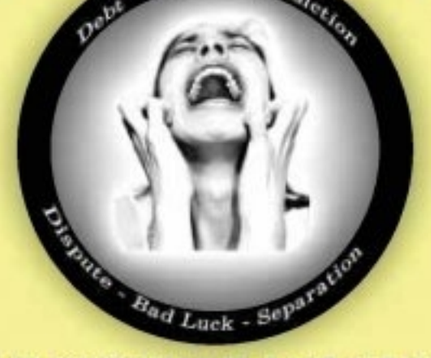
*Free Vehicle Pickup ANYWHERE
*We Accept All Vehicles Running or Not
*We also accept Trucks, RVs, SUVs & Boats
*Fully Tax Deductible

WheelsForWishes.org

Call: (617) 701-7647

HELP CENTER

DANGER



DO YOU KNOW WHAT IS A CIRCLE OF EVIL?

It's when the same problems goes and comes back again. And, then you say: *"Again! But I already defeated these problems..."* It's when your life goes up and down. *One month there is a lot of work and next month you can't find anything...*

WE DISCOVERED HOW TO BREAK IT !

Participate in a session on Thursdays at 7:30pm

East Boston: 570 Bennington St.

Wood Island Station - Blue Line; Corner with Moore St.

CALL FOR HELP: 1-800-801-6591

TURN ONE DAY INTO DAY ONE

We offer *career-focused programs* tailored to the needs of industries.

Train now: Medical Assisting, Medical Billing and Coding and More!

Text mySBbos to 94576 or call

888.396.2444

sanfordbrown.edu/Boston

Sanford-Brown COLLEGE

126 Newbury Street | Boston, MA 02116

Sanford-Brown College Inc., A Private Two-Year College

Career education 363125-10/12. Find disclosures on graduation rates, student financial obligations and more at www.sanfordbrown.edu/disclosures. Credits earned are unlikely to transfer. Sanford-Brown College cannot guarantee employment or salary.

Opinion

MATS AND KARIN ERIKSSON
POLITICAL CORRESPONDENT

A 2-YEAR-OLD HIDING BEHIND THE UNIFORM AND THE MEDALS

All leader hierarchies are a honey pot for narcissism — excessive vanity and self-centeredness. This is equally true in the military as it is in the corporate or political world. Why would a successful and popular military leader risk everything? Not because he needed the sex. The world is asking how could he be that stupid? Narcissists are not motivated the same way as balanced ordinary people.

What makes pathological narcissistic leaders difficult to understand is that we can't see they are in the middle of a life and death struggle to maintain a false self-image.

How does that false self-image develop? One important source of pathological narcissism can be found along the road to maturity. At a certain stage, children discover their own will power by challenging their parents. If good parenting does not help the child to balance its will, they grow up with a secret sense of entitlement. When this child becomes an adult that sense of entitlement can survive as a very childish part of the personality — a self-image built on the false belief they really are that important.

And where does the bad judgement come from? After all, narcissists all seem to be intelligent and mature — at least on the surface. Someone appointed as head of the CIA would have to present pretty well to those making the decision. The problem is that people appointing leaders aren't able to see the whole picture, they don't know there is a 2-year-old hiding behind the impressive uniform and the medals.

So how could such a seemingly powerful person be foolish enough to squander everything for the short lived pleasure of an extramarital affair? Well, not because it was cool or exciting, but because he desperately needs it. If a narcissist is unable to get their narcissistic fuel, which is the attention and adulation of others, they end up depressed, feeling worthless and lonely, thus making their actions into a life-and-death struggle to maintain a flawed identity. What makes narcissistic leaders dangerous is that they are not motivated by work and love. They will do anything to keep their self-image intact, to feed their sense of entitlement.

*— **Mats and Karin Eriksson** are the authors of The Salamander Club. More information about their book and their work can be found at www.salamanderclub.com*

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

Opinion

Why are women treated differently than generals?

With a documented epidemic of one in three servicewomen being sexually assaulted by their comrades in the military, the news of an affair between General David Petraeus and Paula Broadwell seems insignificant by comparison.

The amount of resources being used to uncover this relationship between two consenting adults raises the question: Why do we spend more time reporting on extramarital affairs, while neglecting a problem as atrocious as rape within the military?

The coverage of this story is not only blown out of proportion, it replays tired sexist attitudes towards women. Since Adam and Eve, women have been scorned and blamed for tempting men and causing their downfall.

We've all read about Broadwell's "revealing arm pits," tight shirts and toned arms that were often left uncovered. A stereotype about seductresses is never complete without tales of how she "got her claws in him," as the Business Insider reported, quoting a source.

Meanwhile, General Petraeus is being applauded for admitting the affair and "doing the right thing" by resigning, while the CIA is without a leader and vulnerable as a result of his poor choices.

Let's stop pitting every woman who is caught having an affair with a powerful man as the evil temptress who brings him down.

The real scandal is that with each passing day spent digging for more titillating facts about General Petraeus' sex life, more women in the military will be raped.

The public shaming belongs to the media — not to Broadwell — for doing a disservice to the public by confusing the real issues of our time. **SONIA OSSORIO, PRESIDENT, NATIONAL ORGANIZATION FOR WOMEN, NYC**

Say Goodbye to Painful Varicose Veins!

Do you have any of these symptoms?
- Varicose Veins • Spider Veins
- Itching and Burning • Leg Pain and Cramps
- Heaviness and Swelling • Skin Discoloration
- Ulcers and Blood Clots

You may have a serious medical condition, called Venous insufficiency.

USA Vein Clinics Will Help!

With a non-surgical, minimally invasive and painless procedure, that takes only 15 minutes! Covered by Medicare and most insurance plans up to 100%!

USA Vein Clinics

Call **617.858.6870**
www.USAVeinClinics.com

1208B VFW Parkway, Suite 300.
West Roxbury, MA 02132

MEET YOUR spinning GOALS

fitcorp.com
meet your fitness goals®

FITCORP TURNS 33 - JOIN NOW FOR $33!
Prudential Center - Copley Square - Government Center
Financial District - Reservoir Place - www.fitcorp.com

myentertainment

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@aplusk
What is the most useful app on your phone?

@katyperry
I finally turned the faucet back on and it's a flowing... Well well well

@ParisJackson
had soooo much fun at disneyland today!!

@SteveMartinToGo
Latest poll shows that many Americans believe that Abraham Lincoln is the current president who just made a movie.

Ashton Kutcher

We found love: Metro spends a jet-setting week with Rihanna

To celebrate the release of her seventh album, "Unapologetic," **Rihanna** is starting a seven-day, seven-city tour today, and Metro Sweden reporter Katarina Matsson is joining her. Matsson is part of an exclusive group of reporters and fans from all over the world who will board the superstar's private plane in L.A. for the aptly titled 777-tour.

"I'm so excited about the 777-tour. We will transform this jumbo jet into a tour bus. We will practically live in it for a week: Sleeping, partying, all together: me, my fans, the press. ... It is going to be a wild ride," Rihanna says.

And Metro is going to take you behind the scenes for the whole shebang, which you'll be able to read on this page every day (sorry **Dorothy**). Something to watch out for? On Friday, she performs in Stockholm where ex-boyfriend **Chris Brown** will also conveniently be. Maybe we'll get to the bottom of all the "are they?/aren't they?" rumors of her possible romantic reconciliation with a guy she once had a restraining order against. Meanwhile, we're excited to share what Ri Ri is calling a "rock 'n' roll adventure."

KATARINA MATSSON/METRO SWEDEN

Rihanna's 777-tour

What: Seven days, seven cities, seven shows to celebrate the release of Rihanna's seventh studio album, "Unapologetic" on Nov. 19.
Where: Starting **today in Mexico City**, Thursday: Toronto, **Friday: Stockholm**, Saturday: Paris, **Sunday: Berlin**, Monday: London, **Tuesday: New York.**

Vampire. Vamp

▶ Nice publicity stunt, you two.

GETTY

Exes are reunited on red carpet

Robert Pattinson and Kristen Stewart walked the red carpet together for the first time since their breakup for the premiere of their new film, "Breaking Dawn - Part 2." Pattinson donned a green Gucci suit while Stewart wore a strapless Zuhair Murad gown.

Talking points

Clock is ticking for Bieber reconciliation

While **Justin Bieber** fans are still in shock over his split from **Selena Gomez**, there might be good news for them on the horizon. It appears the pair met up on the sly at the London Hotel in NYC this week, according to Hollyscoop. Bieber was spotted slipping into the hotel a few hours after Gomez checked in, and she later left with a Bieber pal, Alfredo Flores, while Bieber himself reportedly snuck out the back entrance with Gomez's bodyguard. And besides, both are expected to attend this weekend's American Music Awards, so the clock is ticking for a reconciliation.

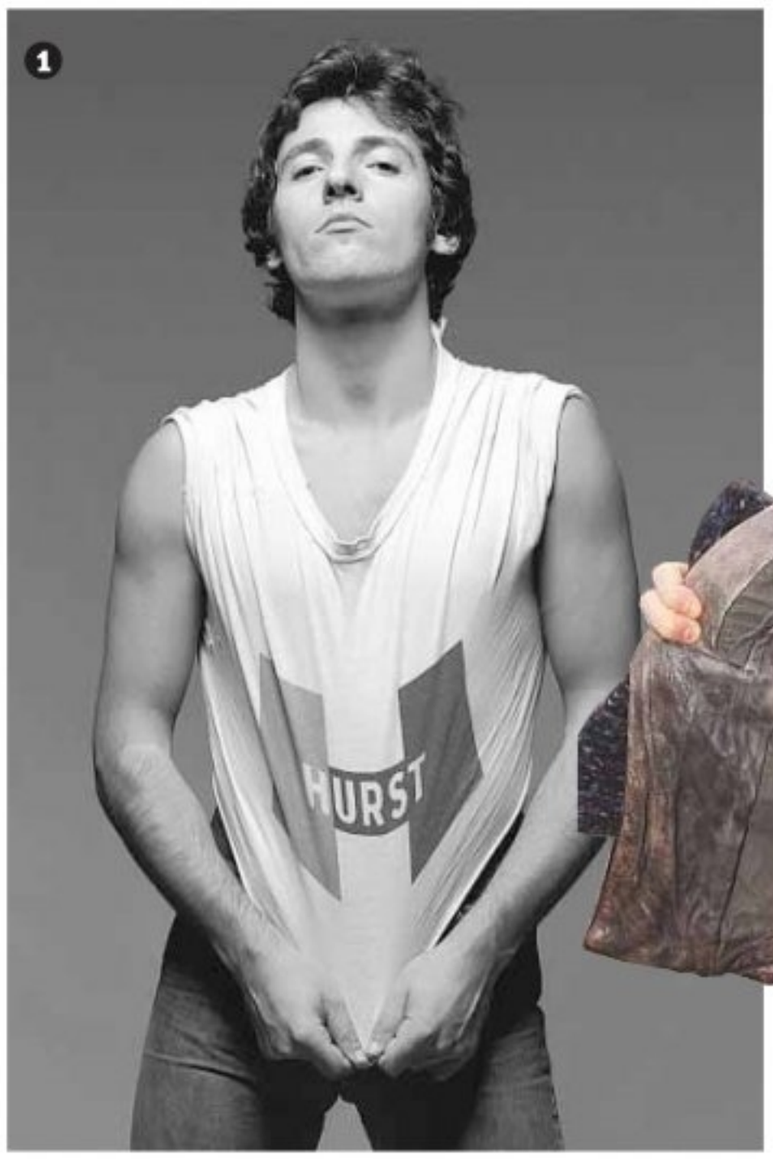
Swift on what kind of man she likes

Taylor Swift has certainly had enough relationships in the last few years to get a sense of what she's looking for, and it turns out she sometimes just wants to be told what to do. "If I feel too much like I'm wearing the pants, I start to feel uncomfortable and then we break up," she tells Harper's Bazaar. "It's wonderful to hand over the reins to your boyfriend when you control so much of these big, high-pressure decisions, you know? That is a huge factor in who you choose to be with."

▶ Nothing to see here

Knightley on her itty bitty, well, you know

Keira Knightley has a simple set of rules for how much skin she'll show on camera, and going topless isn't a problem for the British actress. "I'm quite rigorous about what gets exposed," she tells Allure magazine. "No bottom half! I don't mind exposing my [breasts] because they're so small — people really aren't that interested." The magazine appears to disagree, using a topless photo of Knightley, carefully shielding her chest with her arms, for the cover.



Keep your T-shirt on

1: Yesterday we ran a story on two new **Bruce Springsteen** books, "Bruce" by **Peter Ames Carlin** and "Streets of Fire" by photographer **Eric Meola**. But we liked this additional shot from Meola's book (featuring the Boss getting rowdy with a shirt promoting a brand of automobile shifters) so much that we had to spend an extra day on it.

2: Christina Aguilera gets a little rough with **Mickey Mouse** to give herself some breathing room. Or is she getting out some old "Mickey Mouse Club" angst?

3: Is **Sarah Jessica Parker** wearing a shirt that celebrates a "Jackass" star's spin-off show?

4: And does **Kelly Clarkson** like **Ozzy Osbourne** that much? Actually, that would make sense.

5: We'll use any excuse to get a **Beyonce** pic into our paper, but this 2007 shot of her promoting what was then the new album of her Destiny's Child bandmate **Kelly Rowland** allows us to fix our eyes to the place where she is pointing without feeling pervy.

6: You remember actor **Quinton Aaron** from his role in "The Blind Side," but maybe he'd rather you remember him as somebody who tells you how he rolls, which is like **Charlie Brown**, apparently.

1. © ERIC MEOLA 2011
2. DAVID LIVINGSTON/GETTY IMAGES
3. ALO CEBALLOS/FILMMAGIC
4. SHERLAINE FORREST/WIREIMAGE
5. AMY SUSSMAN/GETTY IMAGES
6. ANGELA WEISS/WIREIMAGE

DO YOU DRINK AT LEAST ONE SODA, SPORTS DRINK OR FRUIT PUNCH PER DAY?

Are you a healthy **18-40** year old? If so, you could participate in an important study at Children's Hospital Boston.

You would receive:
- 1 year of beverages delivered to your home at no cost.
- American Express gift cards up to $300.
- A comprehensive body composition report including changes in body fat, lean mass, and body shape.
- Information on changes in blood pressure and cholesterol levels.

Email us at Bash@childrens.harvard.edu, Call 617-355-2500 Option 1,
Visit childrenshospital.org/bash

Children's Hospital Boston

Looking For 50 People To Qualify for Free Home Solar

- ☐ Own Your Own Home
- ☐ Have a Southernly Facing Exposure
- ☐ Little to No Shading
- ☐ Credit Score over 680
- ☐ Have an Electric Bill

If you meet this criteria call to have a Free Solar Analysis Completed. Roof Diagnostics Solar will be installing 50 FREE Solar Systems this Summer - Call before it's too late.

Roof Diagnostics Solar Of Mass

508-315-6666 NW-CN12776957

TAG
theater & arts guide

THEATER

the DONKEY SHOW
EVERY SATURDAY NIGHT
7:30 & 10:30 AT OBERON
Come party on the dance floor
to all the 70s disco hits you know by heart
as the show unfolds around you.
A crazy circus of mirror balls and feathered divas,
of roller skaters and hustle queens
inspired by A Midsummer Night's Dream.
Tickets from $25 | American Repertory Theater
americanrepertorytheater.org | 617.547.8300

BEATRICE HERFORD'S VOKES THEATRE
BEATRICE HERFORD'S VOKES THEATRE PRESENTS
Sunday in the Park with George
Stephen Sondheim's musical about
art, and the struggle of the artist.
Thurs 11/15, Fri 11/16
and Sat 11/17 @8pm
For Tickets visit www.vokesplayers.org
or call 508-358-4034

DANCE

URBAN NUTCRACKER
BOSTON'S ORIGINAL
HOLIDAY FAVORITE
December 8-23
JOHN HANCOCK HALL
180 Berkeley Street
Features ballet, urban top,
hip hop, swing, flamenco, step,
jazz, traditional Chinese,
and many other surprises!
Tickets from $20
www.urbannutcracker.com
(888) 596-1027

MUSIC

HANDEL MESSIAH
HANDEL AND HAYDN
SOCIETY PRESENTS
A Boston tradition! Hear
Harry Christophers
conduct H&H musicians and
guest artists in H&H's 159th
annual performance
of Handel's dramatic masterwork.
11/30, 12/1, 12/2
Symphony Hall | Tix $25+
617 266 3605
handelandhaydn.org

BOSTON PHILHARMONIC
Benjamin Zander conducts the
Rachmaninoff Piano Concerto NO.2 with
17 year old prodigy George Li on piano;
and Shostakovich's politically charged 5th
Symphony Sanders
Theater, 11/15, 7:30pm
Jordan Hall, 11/17, 8pm Sanders Theatre,
11/18, 3pm
Tickets: 617-236-0999
bostonphil.org/concerts-events

BosTix
THEATRE-MUSIC-DANCE-COMEDY
1/2 Price Tickets
BosTix.org

To advertise in this directory contact Tiffany Carnuccio
at 617-532-0121 or email: tiffany.carnuccio@metro.us

myentertainment

Webb untangled

He's a songwriter's songwriter, but the man who penned 'By the Time I Get to Phoenix' and 'Up, Up and Away' is not as cryptic as his lyrics suggest

COURTESY OF JIMMY WEBB

▶ Jimmy Webb doesn't do stand-up comedy: "I do sit-down," he says.

Although he's not extremely famous, songwriter Jimmy Webb is widely considered to be one of the greatest songwriters of the rock era. That's because unlike Lennon/McCartney, Smokey Robinson or even Carole King, Webb was a pure songwriter whose greatest moments came at the hands of others.

But whether it was Sinatra performing "Didn't We," the 5th Dimension doing the delectably light "Up, Up and Away" or Glen Campbell's own poignant readings of "Wichita Lineman" and "By the Time I Get To Phoenix," Jimmy Webb's uncanny knack for marrying lyric to melody always shines through. This week, the MFA features two performances from Webb in their Ruth and Carl J. Shapiro Celebrity Lecture series, featuring not only the singer and his piano, but also anecdotes and a Q&A session.

He's now in his mid-60s and still active on the recording scene: 2010's "Just Across the River" features career-spanning remakes with vocalists from Lucinda Williams to Jackson Browne and Volume 2 is on its way. Webb now finds himself in the unique position of being a professor emeritus on the art of songwriting. He is the Chairman of the National Songwriter's Hall of Fame, sits on the ASCAP Board of Directors and his 1999 book "Tunesmith" is still critically regarded as the best book on songwriting.

"I don't do stand-up, but I do sit-down, because I am at the piano," says Webb on his own performance style, which he has worked hard to continually improve over the years. "I try to make people laugh and let them see that, as horrible as the prospect is of exposing one's self as completely as songwriters do, that there is a funny side to it as well!"

JONATHAN DONALDSON
letters@metro.us

Listen to the teacher

When asked out the state of contemporary music, Webb is still alert. How about the resurgence of beard-folk and the rise of Bon Iver and Fleet Foxes?

"It's cyclic," he says of our return to roots. "The technological pendulum has swung wildly in one direction for such a long time."

How about Taylor Swift going pop with the DJ-ready low-pass filter on "We Are Never Ever Getting Back Together"?

"She's making the move from something of a goody-two-shoes to something a little more provocative. She's wise to do that."

The professor has spoken.

The lighter side of Webb

Webb has a grand Southern wit, but fans know him best for his often-mysterious lyrics.

"I've certainly left the door wide open for all kinds of crazy interpretations," says Webb, recalling letters from admirers whose interpretations exceeded his fantasies. One wrote that her husband played "Wichita Lineman" every day, but never understood why the protagonist got electrocuted in the end. But that's not what happens in the song at all.

Another praised "MacArthur Park" (widely lampooned for its infamous 'cake in the rain' metaphor) as an ode to General MacArthur.

Did Webb write the most misunderstood song of all time?

"Anyone who might wonder if I've been punished enough for writing 'McArthur Park,' rest at ease!"

If you go

Jimmy Webb
Tonight and tomorrow, 6:30 p.m.
MFA, Remis Auditorium
425 Huntington Ave, Boston,
$40-$47, 617-267-9300
www.mfa.org

TV watch list

'Eddie Murphy: One Night Only'

SPECIAL. Eddie Murphy is celebrated for his impressive contributions to comedy. (The words "Pluto Nash" shall not be spoken.) Jamie Foxx, Samuel L. Jackson, Tracy Morgan and Chris Rock are among the celebrities toasting the star. **10 p.m., Spike**

SPIKE

▶ Why should you watch "Eddie Murphy: One Night Only"? This happens.

'Whitney'

COMEDY. Not canceled — but not liked very much, either — the sitcom about committed-but-unmarried couple Whitney and Alex gets a second shot at wooing audiences. **Season premiere, 8 p.m., NBC**

'Suburgatory'

COMEDY. Tessa's plans to reunite with her family for Thanksgiving are going great — until her deadbeat mom (Malin Akerman) unsurprisingly flakes out. **9:31 p.m., ABC**

'The Neighbors'

COMEDY. "You *eat* that?" — Anticipated reaction of the aliens upon viewing the Weavers' jiggling, can-shaped cranberry sauce at Thanksgiving dinner. **8:30 p.m., ABC**

AMBER RAY

HARVARD EXTENSION SCHOOL

Keep pace with the latest trends in web development and software engineering

- Evening and online courses in mobile apps, Java, visualization, and more
- Part-time graduate degree and online certificates

Registration begins Dec. 3.
www.extension.harvard.edu/it

In the news

Is your mobile device safe from hackers?

Consumers may associate hacks and security breaches with the PC, but thanks to the massive growth of smartphones and tablets in the past few years, cybercriminals are turning attention to the budding platform, looking for new ways to extract personal identification and credit card information from unsuspecting users.

Although mobile security makes headlines daily — with harrowing statistics, such as the fact that approximately 40 percent of U.S. mobile users will click on an unsafe link this year — the biggest trend in mobile vulnerability is related to apps.

"While mobile hacks can happen in any number of ways, one of the most common access points is through insecure apps," Zach Lanier, researcher at Veracode, tells Mashable.

STOCKBYTE

▶ Don't be fooled by a bogus app.

40

Percent of U.S. mobile users who will click on unsafe links this year

"With mobile gadget growth projected to triple by 2015, there's no reason to believe mobile hacks will do anything but follow that trend." ZACH LAINER

"People should be concerned about what information the apps they install have access to and what gets shared on a regular basis. Users should also be more wary of which free Wi-Fi hubs they're connecting to, as most users don't think twice about connecting to any free and open wireless network."

For example, about 100,000 Android apps — of the 650,000 total apps in Google Play — were recently considered "suspicious" or "questionable," according to research conducted by security software firm Bit9. Although not all of the apps were deemed malicious, they performed questionable tasks and have access to private information, which present a risk to enterprises.

"With mobile gadget growth projected to triple by 2015, there's no reason to believe mobile hacks will do anything but follow that trend," Lainer says. "Android is particularly more susceptible to attacks, and its apps market has been in the spotlight recently for a lack of any type of security standards protecting its users."

Of the 6 million people affected by Android malware from June 2011 to June 2012, most were affected by toll fraud applications, when an unsuspecting victim is billed through premium SMS services such as wallpaper subscriptions. This type of fraud makes up 62 percent of all threats found on mobile apps, according to Lookout's 2012 State of Mobile Security Report.

SAMANTHA MURPHY FOR Mashable
The Social Media Guide

Cool compacts

Nars' ode to Andy Warhol

Francois Nars, ever the Warhol fan, didn't simply name a few shades in his new limited-edition holiday collection after the pop art icon — he worked with the Andy Warhol Foundation for the Visual Arts to capture and celebrate the artist's spirit and work. The bold colors in the line are based on the ones Warhol favored for his creations, and eyeshadow palettes feature imprints of the artist's famous paintings: Self Portrait (1967) and Flowers (1965). His muses, including Edie Sedgwick, Candy Darling and Debby Harry, even have gift sets based on them. Paint on this makeup and go find your 15 minutes of fame.

The Nars Andy Warhol collection is divided into two lines: one based on bright Pop Art, which is sold exclusively at Sephora, and another, more moody collection based on the Silver Factory and sold at department and specialty stores. ● TINA CHADHA

$55 each, www.narscosmetics.com

BE A PROCESS SERVER

Earn up to $50/hr. in your own business. Serve papers for lawyers, full time or part time from home. Must be over 18 years of age & have own transportation

NO RISK – The Courts Are Busy
Visit www.servepapers.org

TURN ONE DAY INTO DAY ONE

If you love *helping people* and want to be directly involved in patient care, *Medical Assisting* could be the right choice for you.

Text mySBbos to 94576 or call
888.391.9444
sanfordbrown.edu/Boston

Sanford-Brown COLLEGE
126 Newbury Street | Boston, MA 02116
Sanford-Brown College Inc., A Private Two-Year College

Career education 363125–10/12. Find disclosures on graduation rates, student financial obligations and more at www.sanfordbrown.edu/disclosures Credits earned are unlikely to transfer. Sanford-Brown College cannot guarantee employment or salary.

Career Training

HEALTH CARE

GRADUATE AND BE JOB-READY IN LESS THAN

1 YEAR

WHY SPEND 2 TO 4 YEARS AT A PUBLIC COLLEGE?

Call Now for More Information
1-888-273-0948

Visit us onine at
www.EnrollEverest.com

1505 Commonwealth Ave. • Brighton, MA 02135
70 Everett Ave. • Chelsea, MA 02150

Everest INSTITUTE

Programs and schedules vary by campus. Accredited Member, ACCSC. For useful consumer information, please visit us at www.everest.edu/disclosures.

FALL CLASSES ARE STARTING NOW
DAY, EVENING & SATURDAY CLASSES AVAILABLE

BCI Boston Career Institute

- Medical Billing and Coding Specialist
- Clinical Assistant(Phlebotomy, EKG Injections)
- Dental Assistant with internship
- Medical Assistant with internship
- Hospital Central Service Technician with internship

Call for details and FREE consultation
School License #030618B

1.888.383.6058 | WWW .BOSTONCAREER.ORG

BROOKLINE 320 Washington street | MALDEN 422 Main street | T & BUS ACCESSIBLE

TRAUMA CENTER
At Justice Resource Institute

ARE YOU LIVING IN A GRAY ZONE?

- Train your brain in a Neurofeedback Research Study for trauma survivors, currently in psychotherapy, ages 18 – 65.
- Participants who complete the study will receive up to $450 in payment as well as evaluation and treatment services valued at $5,000.

- Ineligible if you are currently on benzodiazepine medication, have had a medication change in past 3 months, have a history of head injuries or seizures, or psychiatric hospitalization in past 6 months

Contact: Regina Musicaro — (617) 232-1303, X 310 (rmusicaro@jri.org) for an eligibility screening.

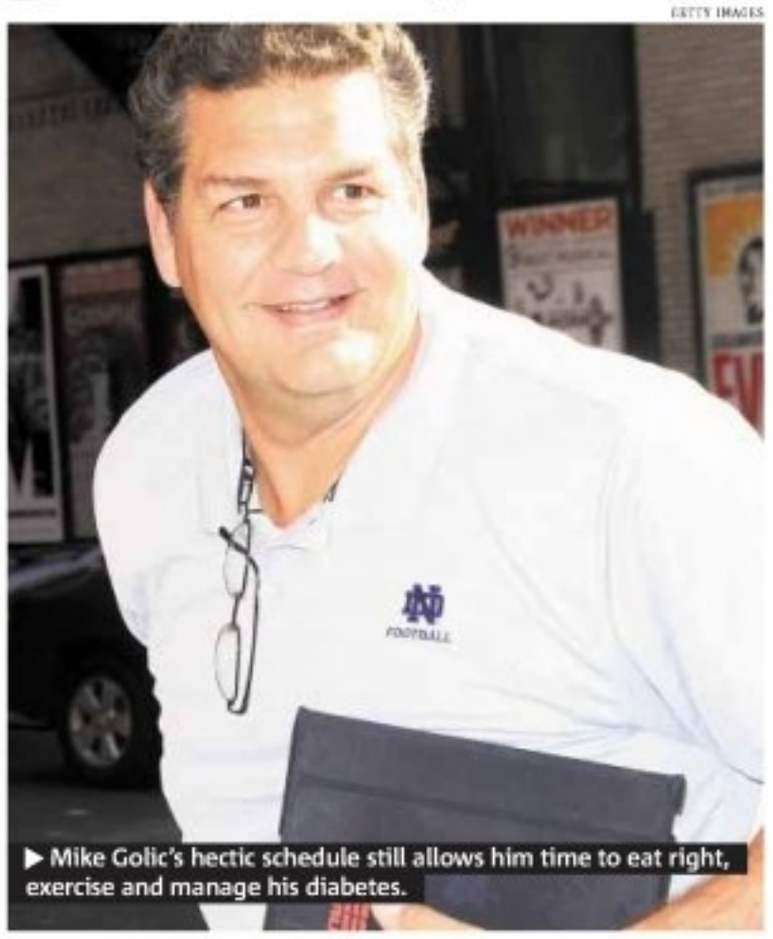
RESERVE YOUR SPACE
DEADLINE: two (2) business days prior to publication at noon.
CALL 866-900-9473
metro classifieds
SEARCH IT. FIND IT. BUY IT.

diabetes awareness

Mike Golic's diabetes game plan

In honor of World Diabetes Today (today!), the co-host of ESPN's 'Mike & Mike in the Morning' gives us a play-by-play rundown of his schedule How his management of the disease fits into his busy life

GETTY IMAGES



▶ Mike Golic's hectic schedule still allows him time to eat right, exercise and manage his diabetes.

The routine

- **4:15 a.m.:** Wake up and check my blood sugar. Usually it's a little low in the morning. I do this so I can plan ahead to help keep my blood sugar regulated, so that I feel good and have energy throughout the day. Through my partnership with Merck and the American College of Endocrinology on a program called The Game Plan I have learned tips for helping manage my diabetes through the program's four "goals," such as setting goals with my doctor, planning meals ahead of time and integrating exercise into my day.
- **4:40 a.m.:** I head to ESPN studios to host my morning radio show. It's a short ride so I listen to the radio on the way in and arrive at 5 a.m.
- **5 a.m.:** I normally have fruit and oatmeal as I catch up on the sports news and scores from the previous night. It's important that I eat right in the morning because it sets the tone for my whole day and helps me manage my blood sugar, blood pressure and cholesterol.
- **10 a.m.:** Wrap up the show and have a mid-morning snack, like a low-fat muffin or yogurt to keep my blood sugar in check.
- **Noon:** Head home and prepare lunch. I eat things like celery and carrots and we eat a lot of chicken in my house because the protein helps slow my body's absorption of carbohydrates and prevents spikes in my blood sugar. Then, I take the dogs for a walk to get in some easy exercise. After experiencing an episode of low blood sugar during a workout, my doctor recommended I exercise after eating to avoid future low blood sugar episodes. He told me the most common causes are skipping meals, excessive exercise and certain diabetes medications.
- **3 p.m.:** I sometimes lie down in the afternoon to rest and either before or after that I have a little snack, which may be more fruit or some carrots, hummus, celery or things of that nature. These foods are low in calories and don't contain added sugar.
- **6 p.m.:** My wife makes dinner most nights and is great about making sure it's healthy. She cuts up vegetables like zucchini and tomatoes and makes meals with whole wheat pasta and grilled chicken since it's a good source of protein and fiber.
- **9 p.m.:** Lights out – I'm in bed early because I'm up around 4:15 a.m. for the show.

Keep track of your progress

- **8 p.m.:** Prep for tomorrow's show, and account for my progress. I record everything in my Healthy Meals and Snacks Planner from BloodSugar Basics.com that helps me keep track of my food intake and blood sugar levels.

Recipe

Cook to your health: Skillet Pork and Peppers

If you like traditional Italian-style sausage and peppers, you will love this dish. Pork tenderloin is coated with a sausage rub and then seared to perfection with sweet onions and a rainbow of bell peppers. Pepperoncini finishes the dish, adding a tangy, pickle-like flavor to complement the Italian seasonings and sauteed vegetables.

- ½ teaspoon salt
- ¾ teaspoon black pepper
- 2 teaspoons fennel seeds, crushed
- 2 teaspoons oregano
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 pound pork tenderloin
- 1 tablespoon olive oil, divided
- 2 cups yellow onion (about 1 large), cut into ¼-inch slices
- 3 garlic cloves, minced
- 2 medium green bell peppers, cut into ½-inch slices
- 1 medium red or yellow bell pepper, cut into ½-inch slices
- 1 teaspoon fresh rosemary, chopped
- 2 tablespoons sweet vermouth or water
- ¼ cup pickled pepperoncini, cut into thin slices

1 Mix the first six ingredients (salt through paprika) in a small bowl. Cut the pork into 12 equal slices (about ½- to ¾-inch wide each). Coat the pork thoroughly with the spice rub.

2 Heat 2 teaspoons of the oil in a large saute pan over medium high heat. Add the pork to the skillet and sear for two minutes on each side or until browned (the middle will be pink). Transfer the slices to a plate and set aside.

3 Add the remaining teaspoon of olive oil to the pan, reduce heat to medium and add the onion and garlic. Saute for three minutes or until browned and slightly softened. Add the bell peppers, rosemary and vermouth, and cook for seven to eight minutes, turning the peppers until they are crisp tender. Add the pepperoncini and cook for one minute.

4 Return the pork to the pan, reduce heat to low, cover and cook for five minutes or until peppers are tender and pork is thoroughly cooked.

©2012 BY STEVE LEGATO

▶ This yummy take on an Italian classic makes four servings.

— Recipe reprinted with permission from EAT MORE OF WHAT YOU LOVE: Over 200 Brand-New Recipes Low in Sugar, Fat, and Calories © 2012 by Marlene Koch, Running Press, a member of Perseus Book Group.

Nutrition info per serving

- **(Three pieces of pork plus peppers):** Calories 250 | Carbohydrate 13g (Sugars 7g) | Total Fat 10g (Sat Fat 2.5g) | Protein 25g | Fiber 3g | Cholesterol 75mg | Sodium 380mg | Food Exchanges: 3½ Lean Meat, 2 Vegetables | Carbohydrate Choices: 1 |
- **Weight Watchers point comparison:** 6

mywellbeing

This is your heart on cigarettes

Sure, you're building up damage every time you light up But you're hurting yourself in the short-term, too Doc-approved ideas for quitting

The myth that the effects of cigarette smoking take decades to cause organ damage is far from the truth.

"We often see acute plaque ruptures in people in their 30s who have no other risk factor," says Dr. Sameer Sayeed, a cardiologist with ColumbiaDoctors, the physicians and surgeons of Columbia University. "They even go into cardiac arrest. Sometimes we can resuscitate, sometimes we can't."

"From a cardiology perspective, we see the worst effects of smoking," he continues. "The toxins in cigarette smoke erode the artery walls and cause ruptures. If they survive, we can use stents. But if they don't stop smoking, those stents get blocked quickly."

Such is the addictive quality of nicotine that many smokers don't quit until their health has deteriorated to the point of permanent organ damage — and some continue even after surgery.

"Smokers who make it to their 50s and 60s, that's when we see all the heart's blood vessels damaged — and it's not fixable by stents," says Dr. Sayeed. "That's when we have to do bypass surgery. Some older smokers who get lung cancer that heals still don't stop smoking. They think, 'I beat it once, I can beat it again.'"

Many smokers often quote an elderly relative or neighbor in their 90s who smoked all their lives and evaded disease, but Dr. Sayeed says that they're a rarity.

"Lung and heart disease doesn't happen to all," he says. "Some people are resistant due to something in their genetics. They are lucky. But they are few."

LINDA CLARKE
letters@metro.us

Tips for quitting

"I recommend my patients take a cessation program with a counselor and keep trying until they find something that works for them," Dr. Sayeed says. Here are his thoughts on some popular aids out there:

Chantix, a prescription medication: "We use Chantix as long as the side effects are tolerable. Some people can't tolerate the nightmares [it's linked to], and it is expensive."

Nicotine patches: "They are less expensive than Chantix. We have a good success rate with them."

Electronic cigarettes: "Electronic cigarettes work in giving the smoker that hand-to-mouth satisfaction. Smokers can substitute them and have that after-dinner cigarette, just without the smoke." But they're not without controversy: A September study out of Vienna found that electronic cigarettes still restrict a user's airways, even after just one puff.

Cigars/pipes: "Some people are so addicted that we wean them onto cigars and pipe smoking first to break their habit."

COMSTOCK

▶ For tips on kicking butts, call 800-QUIT-NOW (784-8669).

Today in medicine

Gender's effect on resistance to infections

Study subjects: Various data
Location of study: U.S.
Results: A study in BioEssays says that men have a greater frequency of infections and more chronic infections, but women are more susceptible to succumbing to disease if infected.
Significance: Researchers are looking into both genetic and hormonal factors in virus resistance. With better, fuller knowledge of how a virus works in the body, treatment that is more effective can be administered.

Booze may shorten life more than smoking

Study subjects: More than 4,000 men and women
Location of study: Germany
Results: Women who are alcohol-dependent have a death rate 4.6 times higher than non-drinking women, and men who are alcohol-dependent have a rate 1.9 times higher, reports the journal Alcoholism: Clinical & Experimental Research. The mean age of death for the alcoholics studied for 14 years was 60 for women and 58 for men. Both ages are about 20 years younger than regular life expectancy rates.
Significance: Deaths related to smoking, which are usually because of cancers, often occur in later stages of life. Deaths from alcohol abuse can occur earlier.

METRO/LC

WAVEBREAK MEDIA

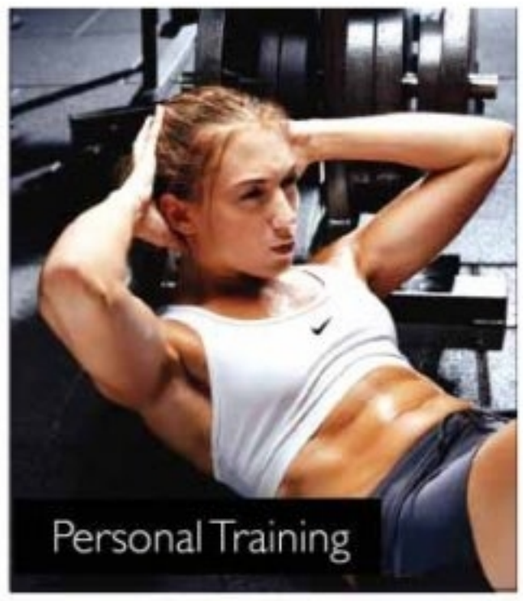
▶ Men are more likely to come down with a bug.

Fibromyalgia

• Adults with fibromyalgia needed for a study
• Up to 48 FREE Tai Chi or Aerobic Exercise sessions
• Compensation is available

Contact Tufts Medical Center
(617) 636-8682
FMEx@tuftsmedicalcenter.org
Tufts Medical Center

HOLIDAY FIT GUIDE
GET RESULTS HERE



EXCEL LASER SKIN CLINIC

LASER HAIR REMOVAL SPECIAL

Upper Lip $50 a session
Chin $65 a session
Underarms $75 a session

Excel Laser Skin Clinic
South Weymouth, MA • 1-888-359-3553
www.excellaserskinclinic.com

JOIN NOW AND GET THE REST OF THE YEAR FOR FREE!*
www.CommonwealthSportsClub.com

CENTRAL AUTO TEAM

CHRYSLER

Jeep

DODGE

RAM

BIG FINISH 2012

RAM DODGE CHRYSLER Jeep

ROUTE 1
NORWOOD
THE AUTOMILE
&
ROUTE 44
RAYNHAM

FIND US ONLINE AT
CENTRAL.US

OR GIVE US A CALL:
888.449.9875

FALL INTO SAVINGS!

MANAGER'S SPECIAL!

2012 RAM 1500 QUAD CAB ST

STK# M12-1354 **MSRP: $34,000**

LEASE FOR $189 PER MO.*

*Lease: 36 mo. 12K mi/yr. $3,000 due at signing plus tax, title, reg., doc fee and acq. fee.
Must qualify through Harbor One Credit Union and conquest lease rebate. Sale ends: 11/18/12

2013 JEEP GR. CHEROKEE LAREDO 4X4

STK# M13-0283 **MSRP: $30,420**

LEASE FOR $179 PER MO.*

*Lease: 36 mo. 12K mi/yr. $3,000 due at signing plus tax, title, reg., doc fee and acq. fee.
Must qualify through Harbor One Credit Union and conquest lease rebate. Sale ends: 11/18/12

2013 CHRYSLER 300 RWD

STK# M13-0081 **MSRP: $30,840**

LEASE FOR $199 PER MO.*

*Lease: 36 mo. 12K mi/yr. $3,000 due at signing plus tax, title, reg., doc fee.
Must qualify through Harbor One Credit Union. Sale ends: 11/18/12

ALL NEW 2013 DODGE DART SXT

STK# M13-0002 **MSRP: $19,990**

LEASE FOR $199 PER MO.*

*Lease: 39 mo. 12K mi/yr. $2,000 due at signing through Ally Bank plus tax, title, reg., doc fee.
Must qualify through Harbor One Credit Union. Sale ends: 11/18/12

FANTASTIC FALL SAVINGS!

2013 KIA SOUL

STK#K130562

MSRP: $15,394

Buy For **$12,888**

Lease For **$99.00** Per Mo.*

2013 KIA RIO LX

STK#K130570

MSRP: $16,695

Buy For **$13,865**

Lease For **$129.00** Per Mo.*

2012 KIA FORTE EX

STK#K121174

MSRP: $18,475

Buy For **$13,995**

Lease For **$139.00** Per Mo.*

2012 KIA OPTIMA

STK#K121105

MSRP: $22,660

Buy For **$18,995**

Lease For **$159.00** Per Mo.*

2013 KIA SPORTAGE LX

STK#K130501

MSRP: $23,000

Buy For **$18,995**

Lease For **$159.00** Per Mo.*

2013 KIA SORENTO LX

STK#K130170

MSRP: $24,190

Buy For **$19,995**

Lease For **$169.00** Per Mo.*

CENTRAL KIA

ON ROUTE 1

THE AUTOMILE!

KIA MOTORS

The Power to Surprise®

10 YEAR 100,000 MILE WARRANTY†

Norwood, Route 1 The Automile, Exit 15B off Rt. 128 888.714.2605 Visit us online at central.us

*Leases are for 39 months,10K miles per year with $2995 down. All prices include all factory incentives. †See dealer for details. Tax, title, license extra. Offer ends 11/18/12

myletters&games

Letters

letters@metro.us

Bad reform taxes incentive to work

RE: "THE PRICE ISN'T RIGHT ON FISCAL SOLUTION" (METRO, NOV. 13) Letter writer Glenn Hayes seems to believe the only good tax reform is a tax increase. A cut in rates offset by closing loopholes would decrease the disincentive to earn an additional dollar (e.g., by taking a second job). Why start a business if you bear 100 percent of the loss if it fails, while if it succeeds you have to give half the profits to D.C., Albany and City Hall?

JIM FLETCHER, VIA E-MAIL

Look to the real rich and powerful

RE: "THE LOVE OF MONEY, NOT ITS EXISTENCE, IS ROOT OF LEFT'S DISLIKE" (METRO, NOV. 13) Letter writers Harry Thorn and Luke Cuddy have had too much Kool-Aid. I have been involved in my local politics for two years now, and the Democratic Party have been lower than low, sending out personal attacks on people who are not even running for office. And as for the rich and their actions that are hated: Well, let's look at our politicians and their actions. I would love to see how much richer they are when they are finished. Those who pursue it endlessly are attempting to acquire power. Well, let's look at the politicians: The Democratic Party has so much money and power, how does that happen? Geez, oh yes, they are in touch with the American people — oh, I mean their wallets.

CHERYL CARROLL, VIA E-MAIL

It's all luck: Rich people have nothing at all to say

RE: "THE LOVE OF MONEY, NOT ITS EXISTENCE, IS ROOT OF LEFT'S DISLIKE" (METRO, NOV. 13) Why does Luke Cuddy "hate" anyone! Hatred is self-destructive. How does he classify Hollywood and entertainers who make inordinate amounts of money? A stroke of luck created that windfall of wealth.

Look at the power they seem to think that money gives them.

They become self-ordained gurus in all aspects of life when in fact they have no expertise in the areas into which they tread! Poor Luke is confused about value systems, to say the least.

PETER A. MOL, VIA E-MAIL

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Take care of our own needy first

Hey, I've got an idea! Let's postpone all foreign aid indefinitely until we recover from this terrible storm. What are we doing giving away our tax money in a time of crisis anyway?

FRANK ST. GEORGE, VIA E-MAIL

GOP's focus cause of wandering flock

After all the "soul-searching" following the GOP crushing defeat on Election Day, I wondered if that trek ended on the isle of denial? Romney received 2 million fewer votes then McCain did in 2008. The dichotomy of the reality is, they've reached the "Limit to the Gimmick." GOP working class supporters are finally saying to themselves, "These guys only care about the rich." Mitt Romney and Paul Ryan were "born" wealthy. These silver-spooners leave a bad taste in a working man's mouth.

RICH BRITTLE, VIA E-MAIL

Horoscope

♏ Scorpio **Oct. 24-Nov. 22.** Financial trends continue to run in your favor. There's a strong possibility that you could derive material benefits from something that comes totally out of left field.

♐ Sagittarius **Nov. 23-Dec. 21.** Some new social contacts could have greater significance than usual, even though a few of them will be extremely brief in duration. All of them will be worth cultivating.

♑ Capricorn **Dec. 22-Jan. 19.** Chances are there will be two unrelated rainbows in your life, with each having a pot of gold at its base. In all probability, they will yield something that you haven't earned.

♒ Aquarius **Jan. 20-Feb. 19.** A close friend of yours may also be a good chum of someone who could be of real assistance to you at the present time. Ask your friend to act as an intermediary.

♓ Pisces **Feb. 20-March 20.** Lucky you, because situations that have pronounced elements of chance could work out to your advantage, especially those that pertain to your career or finances.

♈ Aries **March 21-April 19.** It's one of those unexplainable days when, for whatever reason, you are likely to be unusually charismatic. You'll enjoy members of the opposite gender finding you more appealing than usual.

♉ Taurus **April 20-May 20.** Lady Luck is likely to be smiling at you, especially in involvements with your friends. Pals with whom you spend your day will do nice things for you.

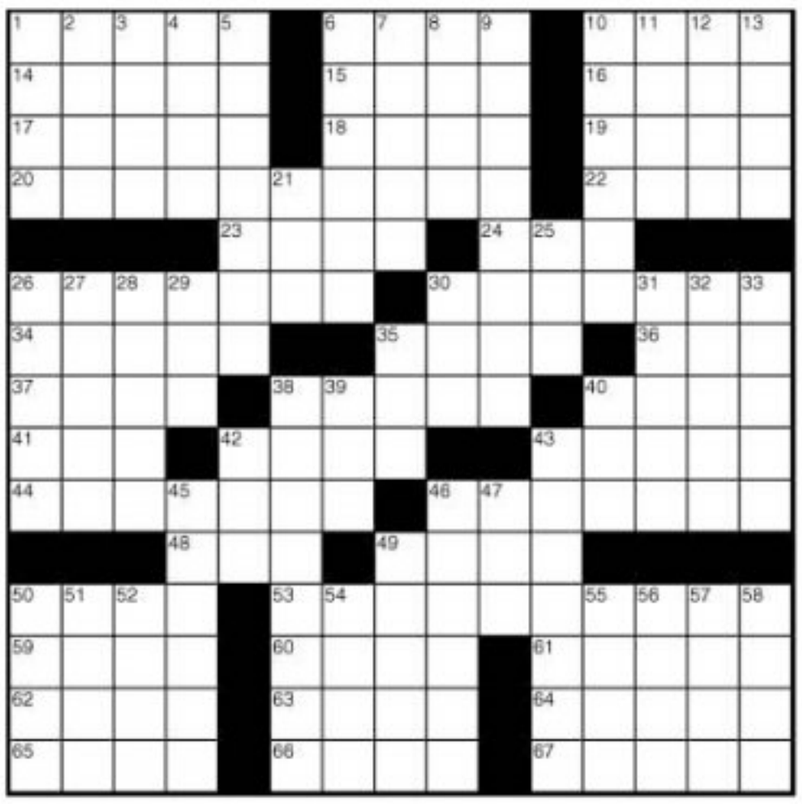
♊ Gemini **May 21-June 20.** Don't leave important decisions up to others, especially if they will affect your friends. Any judgment call you make will be constructive for everybody.

♋ Cancer **June 21-July 22.** Something exceptionally unusual is likely to develop that will be instrumental in helping you fulfill an ambitious objective. Jump on it, because it won't stick around too long.

♌ Leo **July 23-Aug. 22.** Cupid is likely to take a new interest in your love life, especially for those of you who haven't been enjoying much activity lately in the romance department.

♍ Virgo **Aug. 23-Sept. 22.** Those changes you've been contemplating that you believe will enhance your material security could be right on target. Believe in your thinking and implement things quickly.

♎ Libra **Sept. 23-Oct. 23.** Trust in your judgment, even if you have to make some snap decisions under pressure. Your first thoughts are likely to be as sound as those you make after deliberation. **BERNICE BEDE OSOL**



Across
1 Stare angrily
6 Mounties
10 Cello kin
14 Dustup (hyph.)
15 Circle size
16 Diva's melody
17 Moving right —
18 Earl — Biggers
19 NE state
20 Benefit
22 "Lonely Boy" singer
23 Meet edge to edge
24 Even so
26 Mufflers
30 Gets smart (2 wds.)
34 Midafternoon
35 Writer — Grey
36 RN employer
37 Lipstick shades
38 Ringing sound
40 Yaks
41 It's refined
42 Tight hold
43 Car parker
44 Kind of deposit
46 Web makers
48 Scepter's go-with
49 Nay opposites
50 Gator kin
53 Ratlike marsupials
59 Chalet feature
60 Turkey neighbor
61 "Pal Joey" penner
62 Ape studier — Fossey
63 Newsman — Abel
64 Square
65 "Vogue" rival
66 Promising
67 Bisque and miso

Down
1 — Zeppelin
2 Comic-strip moppet
3 Presently
4 Cheese coating
5 Chisel
6 Half a diameter
7 Wave feature
8 Like a pittance
9 Turning aside
10 Move out
11 Smooth a shirt
12 Shoat quote
13 "Smallville" girl
21 "Honest" fellow
25 Compass dir.
26 Senator Thurmond
27 1920 Colette novel
28 Shakespeare's forest
29 Notes after dos
30 Far from ruddy
31 Sedimentary rock
32 Earth pigment
33 Stakes
35 Shock somebody
38 More grouchy
39 Mae West role
40 Ramble around
42 Menacing sound
43 Syrupy
45 Time of the mammals
46 Aussie city
47 Canadian prov.
49 Author — Nin
50 Give up land
51 Travel preference
52 Jellybean shape
54 A Guthrie
55 Cry of dismay (2 wds.)
56 Diamond Head site
57 Stumble
58 Arboreal fluids

					7			
2		7	6		5			
			4		2	1	7	9
6						9	8	
	4		7		6		2	
	8	1						5
1	6	5	3		4			
			5		1	4		6
			9					

SUDOKU **LEVEL: EASY**

		3	5	7				
6	4							5
5	1	9					4	
	2	5	7					
9	6						3	8
					6	5	9	
	9					2	7	1
1							8	4
				1	2	9		

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

T	H	I	E	F		G	A	M	E	D		B	U	G
O	A	T	E	R		O	P	E	R	A		O	S	A
D	I	S	C	I		F	E	R	R	Y	B	O	A	T
D	R	Y		S	C	A	R			L	I	E	G	E
		B	A	B	A	R		B	L	I	N	D	E	D
S	U	I	T	E	D		H	A	O	L	E			
E	S	T	E	E		S	O	R	R	Y		I	D	O
E	S	S	E		A	C	H	E	D		U	L	A	N
P	R	Y		A	L	O	U	D		D	E	L	T	A
			P	S	A	L	M		B	A	L	E	E	N
L	O	C	A	T	E	D		G	R	I	E	G		
I	N	D	I	A			F	A	R	M		I	S	S
V	E	R	D	I	G	R	I	S		L	I	B	R	A
E	G	O		R	E	C	A	P		E	C	L	A	T
R	A	M		E	L	A	T	E		R	E	E	S	E

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

To advertise — phone: 212-457-7735; email sales: advertising@metro.us

BOSTON | Editor in Chief: Tony Metcalf, tony.metcalf@metro.us @edinchief metro | **Managing Editor:** Amber Ray, amber.ray@metro.us | **City Editor:** Jill Gadsby, jill.gadsby@metro.us | **Sports Editor:** Matt Burke, matt.burke@metro.us **Books/Parenting/Gossip/Travel Editor:** Dorothy Robinson, dorothy.robinson@metro.us **Home/Style/Food Editor:** Tina Chadha, tina.chadha@metro.us | **Film/Tech/Dating Editor:** Heidi Patalano, heidi.patalano@metro.us | **Wellbeing/Going Out Editor:** Meredith Engel, meredith.engel@metro.us | **Entertainment/Music Editor:** Pat Healy, pat.healy@metro.us **Careers/Education Editor:** Monica Weymouth, monica.weymouth@metro.us **Copy Chief/Theater Editor:** Tracie Michelle Murphy, tmichelle.murphy@metro.us

As the world's largest global newspaper, Metro has more than 17 million readers in over 100 major cities in 17 countries • **Metro Boston** 320 Congress St., 5th floor, Boston, Mass. 02210-1237 • **main:** 617-210-7905 • **sales:** 617-210-7905 • **e-mail:** adsboston@metro.us • **distribution** 617-210-7905, e-mail: distribution@metro.us •**National Sales Director** Ed Abrams • **U.S. Distribution Director** Joseph Lauletta | **U.S. Marketing Director** • Wilf Maunoir • **Advertisements appearing in Metro are published in good faith.** Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damage whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice.

Certified Audit CAC of Circulations metro

RESERVE YOUR SPACE
DEADLINE: two (2) business days prior to publication at noon.
CALL 866-900-9473
metroclassifieds
SEARCH IT.
FIND IT.
BUY IT.

November is Lung Cancer Awareness Month: Dana-Farber Cancer Institute experts offer tips for kicking the habit

There is never a bad time to stop smoking, but if you want to take the step toward a healthier life, there's no time like the present. The most important thing you can do to avoid lung cancer is to never start smoking. And if you do smoke, it's never too late to quit.

According to the American Cancer Society, smoking is the most preventable cause of death in the United States. According to the American Cancer Society, tobacco causes nearly 1 in 5 deaths; or about 443,000 premature deaths each year. Smoking is the single most preventable cause of death in our society.

Why quit smoking?

Quitting smoking lowers a person's risk of lung cancer, as well as other cancers, heart attack, stroke, and chronic lung diseases such as emphysema and chronic bronchitis.

People can begin to lower their risk of a heart attack and lung cancer within a few weeks of quitting. Experts at Dana-Farber say those who quit smoking and remain a non-smoker for five to 10 years can cut their risk of cancer in half compared to a person who keeps smoking.

Lung cancer risk factors

Lung cancer is the deadliest form of cancer in the U.S., and causes more deaths each year than colon, breast, and prostate cancer combined. In 2012, it's estimated that 226,000 **Americans will be diagnosed with lung cancer** and more than 160,000 people will die from the disease, according to the American Cancer Society.

Although smoking is by far the largest risk factor for lung cancer, non-smokers can also develop the disease. Environmental risk factors, such as second-hand smoke, radon, or certain industrial chemicals, can increase a person's risk of developing lung cancer.

Lung cancer warning signs

Lung cancer shares many symptoms with other diseases like a cold or the flu. So Johnson encourages people, especially smokers, to see their physicians if they experience any of the following:

- A cough that will not go away over several weeks. Smokers may see a change in the frequency or severity of an already persistent cough;
- Shortness of breath;
- Chest, shoulder, or back pain that doesn't go away and is made worse by deep breathing;
- Increased wheezing;
- Bloody coughs: "If someone coughs up blood, they should seek medical attention right away," stresses Johnson.

Ready to quit smoking

The first thing to do is pick a date and seek the help of family, friends or professional counselors. Other tips include the following:

Choose a method

- Using nicotine replacement products
- Gradual withdrawal
- Anti-depressants

Avoid triggers

- Get rid of cigarettes, lighters, matches, and ashtrays
- Go for a walk; exercise can decrease cravings

Follow the Four "Ds"

- **Deep** breaths
- **Drink** lots of water
- **Do something** to avoid focusing on cigarette cravings
- **Delay** reaching for a cigarette - the urge will pass

It can take several attempts to quit and stay tobacco-free. So for people who have previously tried to quit and went back to smoking, it's important to pick another date and try again. Johnson reminds them, "It's never too late to quit."

For more information visit **www.dana-farber.org.**

Dana-Farber Cancer Institute is a principal teaching affiliate of the Harvard Medical School and is among the leading cancer research and care centers in the United States. It is a founding member of the Dana-Farber/Harvard Cancer Center (DF/HCC), designated a comprehensive cancer center by the National Cancer Institute.

Dana-Farber's

Mammography Van

Dana-Farber's Mammography Van brings state-of-the-art breast cancer screening to the women of Greater Boston.

DANA-FARBER CANCER INSTITUTE

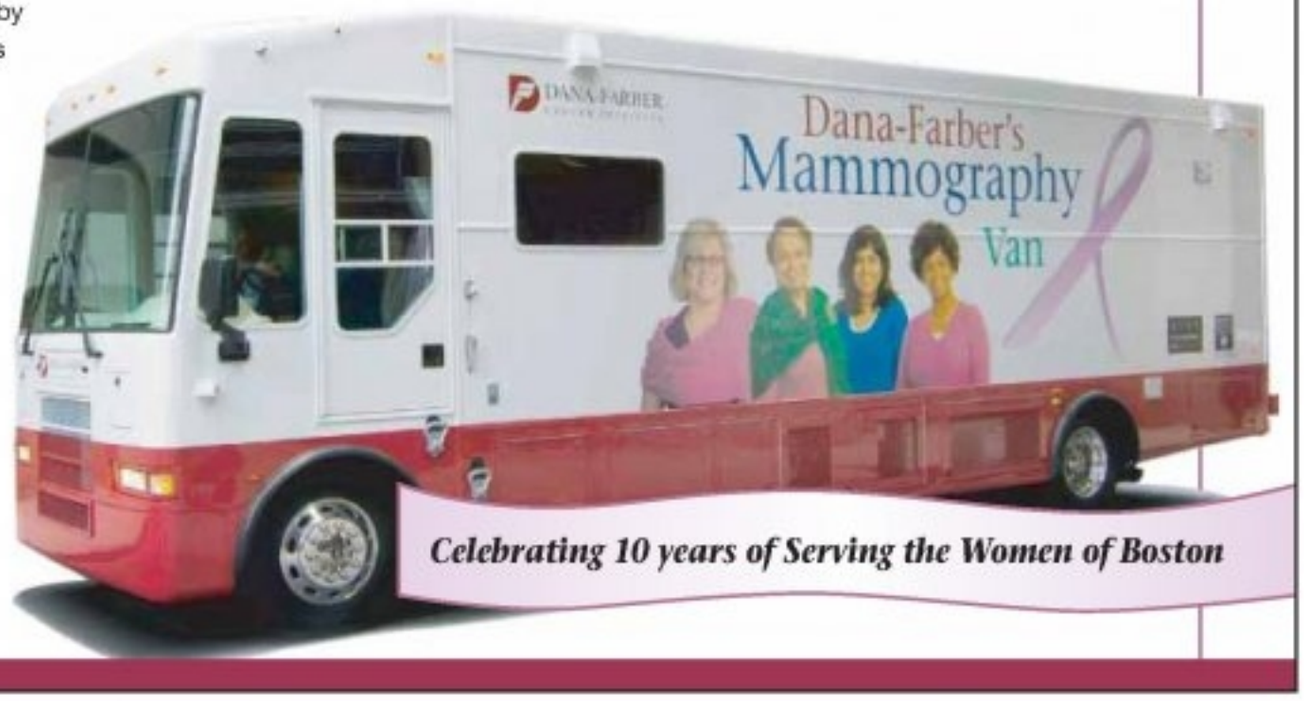
To learn more or schedule an appointment, please call 617-632-1974.
Visit us on the Web at ***www.dana-farber.org/mammographyvan.***

Dana-Farber's Mammography Van is managed by Dana-Farber Cancer Institute's Mobile Health program and possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health

December 2012	Site
Tuesday 4	Brockton Neighborhood Health Center
Wednesday 5	Joseph Smith Community Health Center –Allston
Thursday 6	Whittier Street Heath Center
Monday 10	Fenway Health
Tuesday 11	Bowdoin Street Health Center
Wednesday 12	Martha Eliot Health Center
Thursday 13	Neponset Health Center
Tuesday 18	Bowdoin Street Health Center
Wednesday 19	Joseph Smith Community Health Center- Waltham
Thursday 20	The Dimock Center

January 2013	Site
Tuesday 8	Whittier Street Heath Center
Wednesday 9	Joseph Smith Community Health Center –Allston
Thursday 10	The Dimock Center
Tuesday 15	Bowdoin Street Health Center
Wednesday 23	Martha Eliot Health Center
Thursday 24	Roxbury Comprehensive
Tuesday 29	Bowdoin Street Health Center
Wednesday 30	Joseph Smith Community Health Center- Waltham

Se Habla Español
Nou palé Kreyòl



Celebrating 10 years of Serving the Women of Boston

HARVARD EXTENSION SCHOOL

Learn the language of business

- Evening and online courses in finance, strategy, and marketing
- Part-time graduate degree and online certificate

Registration begins Dec. 3.
www.extension.harvard.edu

REGIS COLLEGE'S NEW APPLIED BEHAVIOR ANALYSIS PROGRAM FULFILLS A GROWING NEED

One in 88 children today has been diagnosed with some form of autism. This statistic, from the Center for Disease Control, is absolutely shocking. While the causes of autism and other behavioral disorders are still unclear, what is very clear is the need for professionals, - educators, psychologist, social workers, healthcare providers and others - trained to assist these young people to learn and develop.

Regis College

To meet this need, **Regis College** is now offering a **Master of Science in Applied Behavior Analysis.** The field of Applied Behavior Analysis (ABA) is based on the scientific study of learning and behavior. ABA is an empirically validated treatment for individuals with Autism Spectrum Disorders and other behavioral issues, and takes a function-based approach to understand problem behavior and encourage new skills . The ABA program at Regis College provides rigorous scholarship both inside the classroom and out in the field. Students learn the major principles and concepts of ABA through core courses, including Behavioral Assessment, Treatment Evaluation, Strategic Intervention, and Ethical Practices in Applied Behavior Analysis. A selection of elective courses such as Verbal Behavior, Child Behavior Management and Autism Spectrum Disorders and Related Disabilities allow students to explore area of particular interest. A key element which makes the the ABA Program at Regis so valuable is the multiple opportunities students have to gain practical experience and apply theory learned in the classroom to a clinic setting. In addition to academic coursework and a culminating thesis, students are solidly prepared to become effective practitioners through 3 full semesters of supervised practicum at sites located in the community

The 42 credit MS in ABA program is designed for busy professionals with courses offered in the evenings and on weekends. **Students can complete the Master of Science in Applied Behavior Analysis program in as little as 2 years of full-time study.** A part-time option is available for those students who need to maintain their current employment while working towards their MS. A 27 credit **Certificate of Advanced Studies in Applied Behavior Analysis** gives students the opportunity to learn the fundamentals of ABA. Students work closely with their advisors to tailor a path of study that will not only accommodate their schedule, but enable the student to become a skilled practitioner of behavior analysis.

Students may take their first two classes before officially applying to the ABA program; a grade of B or better in both classes will **waive the GRE** requirement. A **New Student Discount** is available for eligible students. To learn more about this program attend the Applied Behavior Analysis **Information Session on November 12 at 5:30pm** on the Regis campus in Weston.

For more information and to RSVP for the information session, contact the Regis College Office of Graduate Admission, 781-768-7330; graduatedepartment@regiscollege.edu; www.regiscollege.edu/grad.

Your Source for Graduate Healthcare Education
"The DNP program is flexible enough to accommodate my busy single parent and work life. This program allows me to have better employment opportunities and be a role model for minority women like me."
Kechi Iheduru-Anderson
Regis Doctor of Nursing Practice Student
Nursing Instructor, Quincy College

DEGREES AND CERTIFICATES IN

- Nursing—AS, BS, MS, DNP
- Applied Behavior Analysis
- Medical Imaging—Nuclear Medicine
- Regulatory & Clinical Research Management
- Biomedical Sciences
- Health Administration
- Gerontology
- Health Informatics
- Public Health
- Integrative Health

Information Session
December 4, 6pm

Spring Semester
begins January 14

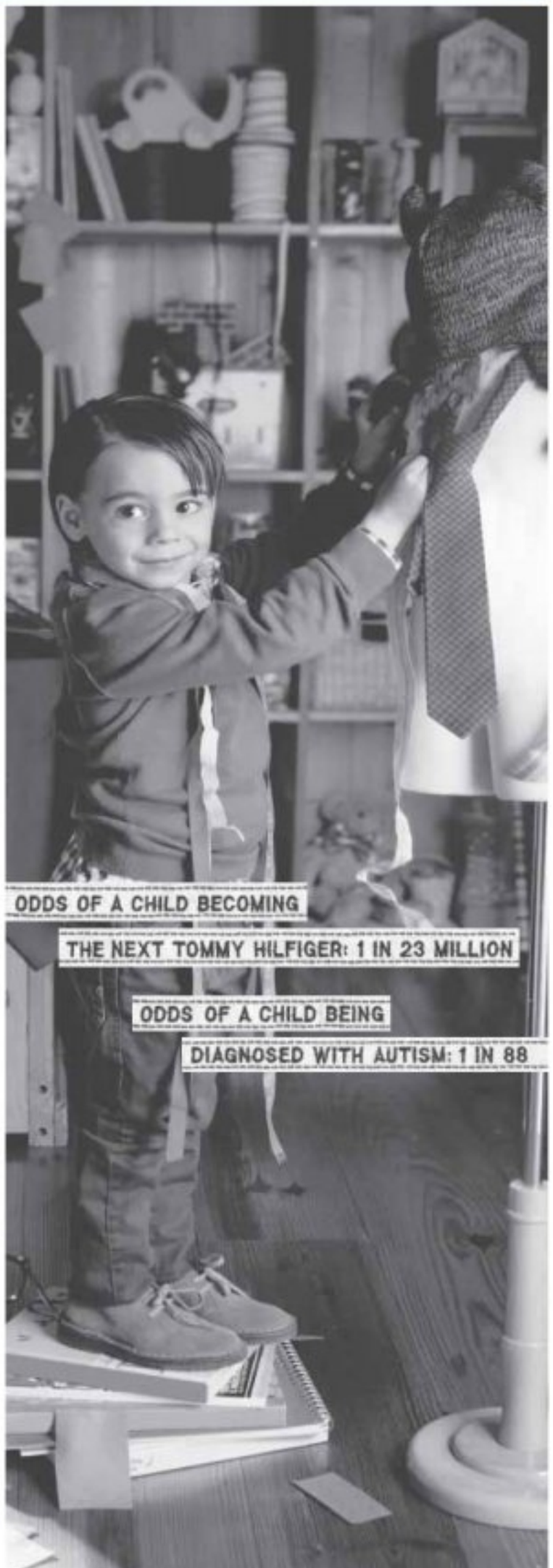
Ask about our new student discounts & GRE waiver

Regis College

Learn more: www.regiscollege.edu/regisgrad
781-768-7330

Office of Graduate Admission
235 Wellesley St. ▪ Weston, MA 02493
graduatedepartment@regiscollege.edu

Bring Your Purpose. Find Your Path.



Learn more at
autismspeaks.org/signs

Ad Council

Some signs to look for:

No big smiles or other joyful expressions by 6 months | No babbling by 12 months | No words by 16 months

AUTISM SPEAKS
It's time to listen.

© 2012 Autism Speaks Inc. "Autism Speaks" and "It's time to listen" & design are trademarks owned by Autism Speaks Inc. All rights reserved. The person depicted is a model and is used for illustrative purposes only.

Steps you can take to manage diabetes

Many people with diabetes also have high blood pressure. Having both diabetes and high blood pressure can increase your risk for eye and kidney disease, heart attack, and stroke.

No one knows the cause of diabetes or high blood pressure, but it is known that some people may be at higher risk. A few of the major risk factors for getting diabetes and high blood pressure are:

- Being overweight
- Being inactive
- Having a family history of either disease

If you have diabetes, these risk factors are the reason that your diet, activity level, and prescribed medicines are so important. You will feel your best if you can follow a few basic steps.

Be physically active
Every little bit helps, even just five minutes a day is a start. If you can walk for one half hour several days a week, it could make a big difference in your health. Check with your health care provider if you need advice on the types of activities that are best for you, then choose those you enjoy.

Improving what you eat
To keep your meals healthy, you need to control the amount and the types of foods you eat. Make it simple for yourself by using the "rule of three" and a 9-inch plate. Fill half the plate with non-starchy vegetables like broccoli or spinach, one quarter of the plate with starchy food like whole grain bread or pasta, and the last quarter of the plate with meat or some other protein. Add an eight-ounce glass of low-fat milk and a half cup of fruit and you have a very filling, very healthy meal.

Using the "rule of three" every day along with some moderate activity will help you to lose weight, keep a healthy weight, and manage blood pressure.

Taking prescribed medicines
Your health care provider may recommend medicine for you if you are pre-diabetic, have high blood pressure, or have diabetes and high blood pressure.

Your doctor will know what you need to help keep blood vessels in good shape and your heart beating slower and with normal amount of force. This protects your kidneys and heart, and avoids heart attack and stroke.

Every person is unique. Talk to your health care provider to make sure you are on the best program for you. Your body changes over time, and so will your treatment.

Living healthier is up to you
Live well with your diabetes by keeping your body healthy. To work towards good health, stay active, plan a healthy diet, keep your blood pressure under control, and take any needed medications from your doctor.

Your health care provider can answer questions and refer you to a specialist if you need one. Other members of your health care team may include a dietitian, nutritionist, or a certified diabetes educator (someone who helps manage and adjust your care).

More information online
For more information about diabetes and blood pressure, visit these websites:

Neighborhood Health Plan
www.nhp.org/diabetes

American Diabetes Association
www.diabetes.org

Centers for Disease Control and Prevention
www.cdc.gov/diabetes

National Heart Lung and Blood Institute
www.nhlbi.nih.gov

Living Well with Diabetes

Join us for this FREE event

Saturday, November 17
10:00 a.m. to 2:00 p.m.

at the Harbor Health Services
Elder Service Plan &
Administrative Offices
1135 Morton Street, Mattapan

A Variety of Health Sceenings
Exercise Dance Classes
Cooking Demos and Samples
Games and Activities
Health and Nutrition Classes

This event is in partnership with
Boston Community Health Centers

Neighborhood Health Plan · American Diabetes Association · Harbor Health Services, Inc.

I take care of my diabetes and blood pressure...

so I can remain independent.

I know that if I take care of my diabetes and blood pressure, I have a better chance of avoiding the severe health problems that could take away my independence. So I eat right, exercise moderately, and take my medications. Taking care of myself is easy compared to what I could face if I don't—complications like kidney failure, heart attack, and stroke. Talk to your health care provider to find out how to live well with your diabetes.

Learn more at www.nhp.org/diabetes

nhp.org

Neighborhood Health Plan™
Your health. Our promise.

Astigmatism Correction Now Available
Am I a candidate?

If you have been considering vision correction and were discouraged because you were told you have astigmatism and your correction was not treatable with LASIK, New England Eye Center has fantastic news for you. Not only can we treat Astigmatism with the iLASIK™ procedure, the cornea trained physicians at New England Eye Center now offer the most advanced procedures available to treat a variety of vision correction disorders.

What is astigmatism?

Astigmatism is a condition where vision is blurred by asymmetric steepening of the cornea or crystalline lens. Patients with astigmatism may not only notice blurring of vision at both distance and near, but can also note shadowing or ghosting of images as well. These vision symptoms are caused when light entering the eye is refracted or bent to multiple points in the eye, resulting in an out of focus image. Astigmatism is very common, and occurs in about 1 in 3 people.

Astigmatism can be easily corrected by contact lenses or eyeglasses. However, if glasses or contacts are troublesome, or not tolerated, there is another option. New England Eye Center offers many alternatives to glasses and contacts for the correction of all types of refractive error, including astigmatism. Custom LASIK and PRK are available not only for near and far sightedness, but for the correction of astigmatism as well. For cataract patients, astigmatism can be either treated with incisions made during cataract surgery, or with implantation of advanced lens technology.

Why should I have my Astigmatism treated with a surgical alternative to contacts and glasses?

If left uncorrected Astigmatism can cause eye strain, headaches and difficulties in everyday tasks from reading to working to outdoor activities. While glasses and many contact lenses are on the market to effectively correct astigmatism, if you are uncomfortable in either, it is important for you to know you have options. While glasses are your safest alternative, many people either are not able to tolerate their entire astigmatism correction in eyeglasses, or do not achieve the clear vision they desire or need for everyday living. Contact lenses, worn and cared for properly are a wonderful alternative to glasses. However, contact lenses are not without risks, and are not well tolerated by everyone. Many people are contact lens intolerant, whether due to underlying dry eye, reaction to contact lens solutions, or corneal inflammation or infections due to contact lens wear. For these patients, contact lenses are no longer an option and eyeglasses do not allow for functioning at the highest level.

What other procedures are available to me to correct my vision?

The physicians at New England Eye Center routinely perform LASIK and PRK, however there are lens procedures for patients which can also provide freedom from contacts and glasses. The Visian implantable collamer lens, which has the added benefit of being removable, can treat a wide variety of patients who are nearsighted and it is also a wonderful alternative for patients with dry eye issues or people who do not qualify for LASIK. For patients who have added reading glasses to their vision correction needs, many options are available, including monovision and conductive keratoplasty. For patients with a cataract, intraocular lenses are available that offer improved freedom from glasses at distance, intermediate, and near vision. These include the Crystalens accommodating lens, as well as the Restor and Tecnis multifocal lenses. For our cataract patients with astigmatism, Toric intraocular lenses can be implanted to neutralize their astigmatism.

When you are ready to call us, New England Eye Center will be honored to be your vision care provider. Call 1-888-515-2745 or 1-617-636-7800 or visit us at www.mylasikdoc.com to book a complimentary screening or request an informational package.

iLASIK
for Astigmatism

At New England Eye Center, our world-class surgeons specialize in the treatment of all types of Astigmatism. That's great news for everyone who wears glasses or contacts and thought they were not a candidate for LASIK. Call us today for your complimentary, no obligation LASIK consultation and see the world as it was meant to be seen.

0% Interest 24 Months

Call Today:

617-636-7800

New England Eye Center
Affiliated with Tufts University School of Medicine

Tufts Medical Center

260 Tremont Street • Boston, MA

HUNGER KEEPS UP ON CURRENT EVENTS, TOO.

1 IN 6 AMERICANS STRUGGLES WITH HUNGER.

TOGETHER WE'RE FEEDING AMERICA

Ad Council

Hunger is closer than you think. Reach out to your local food bank for ways to do your part. Visit **FeedingAmerica.org** today.

ANTIOCH UNIVERSITY NEW ENGLAND

Antioch University New England (AUNE)

Scholarship, innovation, and community action

Antioch University New England (AUNE) provides dynamic graduate and certificate programs in a progressive community. All AUNE counseling and therapy programs combine rigorous coursework, led by practicing professionals at the top of their fields, with real-world practica and internships. These flexible programs are designed so students can live and work in their home communities while earning their degree. AUNE offers these counseling, therapy, and psychology graduate programs:

• **Doctoral Program in Clinical Psychology (PsyD).** This practitioner-scholar program prepares clinicians who will tackle many diverse roles in their professional careers. It is based on reflective practice and a vision of clinical psychology that responds to the needs of the larger society. Students with a bachelor's or master's may apply. AUNE's PsyD program **has been accredited since 1986 by the American Psychological Association.**

• **Clinical Mental Health Counseling (MA).** Through a combination of classroom and field experience, this program educates counselors who help their clients deal with the personal, familial, and social issues that prevent them from leading healthy and productive lives. It's a practice-oriented approach that equips graduates for a variety of specialties in mental health counseling—community agency work, substance abuse and addictions work, in-patient treatment, and college counseling. The CMHC program is accredited by the Council for Accreditation of Counseling and Related Educational Programs (CACREP).

• **Marriage and Family Therapy (PhD, MA, or certificate).** The MFT programs teach students to help clients explore their relationships with their partners, coworkers, friends, and families in order to lead healthier lives. Our doctoral MFT program offers advanced training in MFT supervision, teaching, research, and clinical work. The certificate program, new in spring 2013, provides specialized training to professionals who already have a graduate degree in a counseling field. The MFT Program is accredited by the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE).

• **Master's in Dance Movement and Counseling Therapy (MA, MEd, or Post-Master's Certificate).** Dance/Movement Therapy and Counseling integrates the mind, body, and spirit through coursework taught by our internationally known faculty and supervised practica and internships in clinical settings. Students interested in drama can follow a path to the **Alternate Route Drama Therapy credential** from the National Association of Drama Therapy. The Dance/Movement Therapy Program was one of the first to be approved by the American Dance Therapy Association (ADTA).

About AUNE

AUNE offers graduate programs in psychology, management, environmental studies, and education. It is located in Keene, New Hampshire and is one of the five campuses of Antioch University (AU). AU is accredited by the Higher Learning Commission and is a member of the North Central Association. All degree programs are also approved by the New Hampshire Postsecondary Commission.

Learn More Today:

Full-time, part-time, or hybrid online, AUNE's graduate programs meet the needs of busy people. Learn more today at: 800-552-8380, admissions.ane@antioch.edu, or www.antiochne.edu.

CHANGE LIVES. BECOME A COUNSELOR, THERAPIST, OR PSYCHOLOGIST.

Antioch University New England is known for producing many of the best mental health professionals in New England and in the country. Our rigorous graduate and certificate programs intertwine theory with practice, valuing both academic excellence and hands-on clinical experience.

- **CLINICAL MENTAL HEALTH COUNSELING (MA)** Help people address the personal, familial and social issues that interfere with their abilities to lead healthy and productive lives. CACREP accredited.
- **SUBSTANCE ABUSE/ ADDICTIONS COUNSELING** Specialize in addiction issues with this concentration for licensure as an alcohol and drug abuse counselor. Open to third-year CMHC students.
- **MARRIAGE AND FAMILY THERAPY (MA, PhD or certificate)** Learn techniques to work with families, couples, children, and individuals. COAMFTE accredited.
- **DOCTORATE IN CLINICAL PSYCHOLOGY (PsyD)** Prepare for multiple roles: not only therapy and assessment, but also supervision, management, applied research, administration, consultation, and public policy. Accredited since 1986 by the APA.
- **DANCE/MOVEMENT THERAPY AND COUNSELING (MA)** Approach the therapeutic relationship through the use of the body and its movements, as well as through verbal processes. An Alternate Route Drama Therapy credential is also offered. ADTA accredited.

Call 800.552.8380 or email admissions.ane@antioch.edu for details.

3

Coaching stability has long been key to sports success

Boston sports drama has been on field, not on sidelines ● Belichick, Rivers, Julien long-tenured ● Lakers showing what not to do with drama

In the news

LA likes Mike

Lakers general manager Mitch Kupchak defended his decision to hire Mike D'Antoni as head coach yesterday.

"It revolved almost completely around the personnel that we had on the team and the style of play we saw going forward for the team," Kupchak said.

Phil Jackson, who was stunned to have not gotten the job, said that the way the LA went about telling him about D'Antoni's hiring was "slimy."

Opinion

Good for the Lakers this past weekend for not allowing Phil Jackson to (again) hold the franchise hostage with his reported demands for part ownership and travel requests. Jackson has taken multiple leaves of absence and schemed his way to millions of more dollars over the past 12 years while inserting a great deal of drama surrounding the title of "head coach of the Los Angeles Lakers."

Also on the West Coast, we have Norv Turner, who has somehow held on to the title of "head coach of the San Diego Chargers" over the past five years. His situation is worlds different than Jackson's, of course, but each and every season there is an ongoing soap opera on the sidelines.

Save for Bobby Valentine this past season, the Boston sports scene over the past decade has been unfathomably drama-free. We are incredibly lucky.

Yes, the Bobby V. saga was certainly a rough one. Nearly every day this past summer, we had he-said, he-said dialogue between Bobby V. and a player. But it lasted only 10 months. Elsewhere across the North American sports landscape, we see these coach dramas play out over years and years.

Here's guessing that John Farrell will get more than a year on Yawkey Way. It's highly unlikely that by this time next year, there will be another search for a manager.

Across the wide world of sports, we see situations in which franchises are looking for a new leader as a matter of habit. Take the Oakland Raiders, for example. Since 2005, the aforementioned Turner, Art Shell, Lane Kiffin, Tom Cable, Hue Jackson and Dennis Allen have all donned the cloak of "HC of the OR." That's six head coaches in seven years, if my math is correct.

Here, the focus if rightfully on the players. We are long removed from situations like the one Bill Parcells had with Robert Kraft, in which the "Tuna" famously stated, "if you're gonna cook the dinner, at least they should let you shop for some of the groceries." And the Rick Pitinos, Joe Kerrigans, Grady Littles and Dave Lewis' all seem like names from the distant, distant past.

GETTY IMAGES

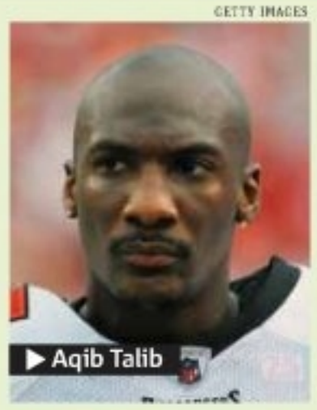
▶ Doc Rivers has seen good times and bad since being hired by the Celtics in 2004.

Doc Rivers has been here since 2004. Claude Julien has been here since 2007. And Bill Belichick has been here since 2000. Pretty damn good.

In sports, drama on the sidelines can derail a franchise. Most of the time in Boston, we're on track.

MATT BURKE
matthew.burke@metro.us

GETTY IMAGES



▶ Aqib Talib

Pats mum on Talib's availability

The Patriots are slowly bringing along cornerback Aqib Talib, but did not say how much he would play on Sunday against the Colts.

"I don't think you can say any position in the NFL is easy to step into," Pats defensive coordinator Matt Patricia told ESPN yesterday. "I think we're just going to have to wait and see and evaluate it as the week goes on. But obviously like all of our players that come in, we expect (Talib) to come in and work hard and try to get on board with what we're doing as soon as they can." METRO/MB

Big Ben 'out for a while'

Steelers quarterback Ben Roethlisberger suffered a sprained right shoulder Monday night against the Chiefs and is questionable for Week 11 against Baltimore.

SI.com's injury expert Will Carroll said "the worry would be another hit" on Big Ben. METRO/MB

Over 20 years of Legal Experience

We Do Home Visits • Se Habla Espanol
Initial Consultation
FREE!
Workman's Compensation • Motor Vehicle Accidents
Social Security Disability • All Injury Claims
The Law Office of Robert E. Frawley
44 School St. Suite 300, Boston
617-523-2929 • www.frawleylaw.com

McLean Hospital
A Harvard Medical School Affiliate
BAD MEMORIES of CHILDHOOD
Healthy unmedicated right-handed individuals ages 18 - 19
For Details | Receive up to $225 for initial participation in a research study and if eligible, $100 each year, up to 4 years, for follow-up visits | Please Take One
Visit Our Website | www.research-participate.com | Bad Memories of Childhood McLean Hospital Study www.research-participate.com or call Cindy at 617-85-LEARN

Early stages of a run coming?

When we last saw the Celtics at TD Garden, they were walking off the court — heads down — after a bad loss to the 76ers. It's amazing what a weekend getaway can do.

The C's return home for a game against the Utah Jazz tonight having won their last two games on the road against the Milwaukee Bucks and Chicago Bulls.

For the first time this season, the C's can hang their hats on the fact that they played a game close to the standards that people will hold them to all season. By scoring 101 points against a Bulls team that

PAUL SPINELLI/GETTY IMAGES

▶ Paul Pierce and the Celtics host Utah for the only time this season tonight.

ON TV TONIGHT

Celtics vs. Jazz
7:30 p.m., CSN

prides itself on defense, Boston showed that slowly but surely the team is starting to jell on offense. And on defense, we saw them stifle the Bucks and Bulls as they tried to make fourth-quarter comebacks.

Perhaps it's the new starting lineup, one that included Jason Terry and Brandon Bass over Courtney Lee and Jared Sullinger. Or maybe it's the slight improvement Jeff Green showed and the rhythm Paul Pierce has rediscovered.

More likely, though, it's that Rajon Rondo is playing just about as good as anyone in the NBA. The Bulls had no answer for Rondo, who finished the game with 20 points, nine rebounds, and 10 assists. And get this: Rondo has recorded at least 10 assists in 31 straight games, the third longest streak ever and longest since John Stockton had 37 in 1989.

He'll try to make it 32 straight tonight against former Celtics big man Al Jefferson and the Jazz. The Jazz beat the Raptors in triple OT on Monday, 140-133.

Along with Jefferson, Paul Millsap makes up the starting frontcourt for Utah. Millsap is one of the more underrated players in the NBA, and cannot only be a force down low, but can stretch the floor all the way out to the 3-point line. Look for those two to be big factors in the game.

Also, 6-foot-8 shooting guard Gordon Hayward could pose some matchup problems for Boston. You may see more of Green tonight for the Celtics than you'd expect.

JIMMY TOSCANO
sports@metro.us

metro health
Medical Research
Check out Metro's Online Medical Research Directory at www.ziptrials.us
To place an ad call Neil Curran at 617-532-0100 or email neil.curran@metro.us

Tai Chi and Physical Therapy Research Study for Knee Osteoarthritis!
- 40 yrs old or older
- Up to 24 Tai Chi & Phys. Therapy sessions at no cost
- Compensation up to $200 if you qualify

Please Contact: (617) 636-2612
TCPT@tuftsmedicalcenter.org
Tufts Medical Center

Do you have Arthritis or another rheumatic condition like Lupus or Fibromyalgia?
BOSTON UNIVERSITY
- Are you working…and concerned about your ability to stay employed?
- Are you 23-63 years old and living or working in Massachusetts?

If so, you might be interested in a research study on ways to remain employed.
To find out more about the **"Work It"** study
Call 1-866-269-1027 or email workit@bu.edu

Are you grieving the death of a loved one?
1-617-726-4585

- Have you lost a loved one to illness, accident, or suicide?
- Does the pain feel almost as strong today as it did in the beginning?
- Do you feel a strong yearning for the person who died?
- Does your grief interfere with your life and functioning?

If you answered YES to any of these questions and it has been more than 6 months since the loss, you may be eligible for a research study at **Massachusetts General Hospital** examining the effectiveness of a medication, either alone or combined with talk therapy, for the treatment of **Complicated Grief.**

There is no cost to you to participate in the study. Compensation is available for transportation and parking. All inquiries are confidential.

1-617-726-4585
or grief@partners.org

Get PAID to help find a cure!

ZipTrials.us
Powered by metro
Participate in local clinical trials at
www.ZipTrials.us

Tufts School of Dental Medicine
Do You Experience Dry Mouth?
You may be eligible to participate in a 6 week, 2-visit, research study involving a new mouth rinse.

Individuals must:
- Be over **18.**
- Have dry mouth
- Have evidence of dental cavities.
- Be available for 2 visits over 6 weeks.

You will receive:
Up to $100 in gift cards if you qualify and complete study related visits.
Please Call Tufts University Oral Medicine Department
(617)636-3931

DIRECTORY
Legal Notice
To place an ad call Herman Miles at 617-532-0105 or email boston herman.miles@metro.us

WATERTOWN ROOFING

Established Since 1936
617-923-1959
$250 OFF Complete Strip & Roofing Job*
12 MONTHS SAME AS CASH! Call for Details!
Not valid on prior jobs. With this coupon. Cannot be combined with other offers.

BENTON LOCKSMITHS

- We can make almost any key while you wait.
- Thousands of keys in stock.
- All type keys for every purpose.
- High tech auto keys cloned or duplicated.

233 Friend Street near North Station T stop
Call 617-523-0787
Buy 1 key get another key of equal or lower value for 1/2 price with this ad.
Valid Thru 12/31/2012

metro classifieds

in print & online

TO PLACE AN AD:
866-900-9473
CLASSIFED.METRO.US
BOSTONCLASSIFIEDS@METRO.US

CLASSIFIED AD DEADLINE:
5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

Vehicles

ALL CARS
WORTH CASH
$300 TO $5,000
617-678-6833

Top Cash paid
No Key...No Title...
No Problem
Free Towing

Junk or
Repairable Cars
Wanted
$350 - $5500 & up
781-606-1271

Extra Cash paid for
Hondas, Toyotas, & Nissans
Any Location, Anytime
towingcarsusa@yahoo.com

WE PAY MORE
4 JUNK CARS,
TRUCK, VAN
CALL ME AT
508 641 5961

REPAIRABLE CARS
WELCOME
MORE $$$ 4 NISSAN,
HONDA, TOYOTA

"Cash received
at pickup".
781-534-2118

Junk Cars, Trucks
and Wrecks
FREE "Towing"
Running or Not Working
Call for an Estimate

Jobs

General Help Wanted

Job Fair

CALL CENTER
IN CHELSEA, MA!

Delta Management is a professional debt services company with 100 available positions for our office in Chelsea.

We will be holding a
Job Fair on
Saturday 11/17 from
10am-2pm
@ 100 Everett Ave, Chelsea

If you plan to attend, please contact
Donny at 603-637-2662
dclark@delta-mgt.com
or Kristen at 603-285-6401
kpockette@delta-mgt.com

Ability to pass a government contract background check, credit screen and drug screen is required.

Must be able to commit to shift hours:
3 days: 8am-5pm
2 days: 12-9pm/1-10pm
2 Saturdays a month (8am-12pm Friday,
8am-12pm Saturday)

Benefits include: health & dental insurance, short term disability, 401k, & monthly bonus program

To learn more & apply, please visit us at:
http://www.delta-mgt.com

metroclassifieds
TO PLACE AN AD CALL 866-900-9473
OR VISIT US AT WWW.METRO.US

JRP NEW ENGLAND
AND OPEN CALL
MODEL & TALENT
want you to be our next rising star. Currently our students can be seen in ads for Apple and on hit television shows like ABC's The New Normal. If you think you have the talent to be a successful actor or model, call now at 617.946.0508 or log on to www.newenglandauditions.com

ESTABLISHED
& GROWING
COMPANY
FT IMMEDIATE OPENINGS

Up to $950 week avg

We are looking for Reliable, Ambitious People who want to have an Impact on Their Lives and on the Environment

FULL TRAINING PROVIDED

To set an interview call: 857-400-2229

General Help Wanted

ACTIVISM
Campaign Jobs!
Stand up for
reproductive health care!
with Grassroots Campaigns!
$335-535/week;
FT/career
Call Jordan at
617-338-7882

Healthcare

Seeking Medical Laboratory Technologist with B.S. or equivalent + 2 yrs. exp. for 2nd shift (4pm-12:30AM). Duties are lab tests in Bacteriology, Parasitology, Virology, Mycology. Process samples, QC, calibration. Perform instrument maintenance. Communicate with clients. Supervise employees & oversee & collaborate w/ jr. lab techs to ensure compliance w/ company standards. Must have MLT Cert. Qualified applicants send resume BCL, 764A Main St., Waltham, MA 02454.

For Sale

Musical Instruments

Cash for Records

Wanted 33Lps & 45s
George 617-633-2682

Musical Instruments

Top $$ Paid For Guitars

We buy ALL Musical Inst.
Guitars, Saxes, etc.
We travel & PU
Cash on the spot!
617-594-3255

Miscellaneous

2000 Mazda 626 LX w/ 116k,

A/c, A/w, sunroof
4 cylinder auto with overdrive.
No accidents, reliable
Good on gas
for only $2,780
hurry don't miss this
call izy 617-721-1297))))

Services

Medical Services

GADGETWORX
Repairs as low as
$29.99
781-810-4248

CELL PHONES
IPODS/IPADS
PLAYSTATION 3
XBOX 360
Liquid Damage
repairs@gadgetworx.com
298 Washington Street
Wellesley, MA

Services

Health & Beauty

PATHWAY
WELLNESS SPA
(617) 481-2569
33 Fayette,
Quincy, MA
Holiday and
Tuesday
Specials!
We just added
a licensed facial
massage
therapist
and now offer
waxing
by appointment
only.

Grand Opening!!
three beautiful Asian therapists trained in DEEP TISSUE body work will relax and rejuvenate your body and mind. You will feel like you took off and broke the sound barrier, went for a space walk and returned to Earth eager for the holidays!!
ASK about our Holiday and EVERY tuesday specials.
major credit cards accepted.
we FEEL your pain!!

Wellness Club Grand Opening

$70/ HR Body + Free 30 minutes foot reflexology foot massage
$30/ HR Foot massage+ Chair massage+Feet facial
Watch Sport TV, Get free Reflexology foot massage.
Specializing in Asian, Brazilian, and American massage.
Shower and Parking are available
Call: 617-481-9727
Second Floor, 278 Centre street, Quincy, MA 02169

Legal Services

TAX
PROBLEMS??!!
617-335-2988
EX IRS Revenue Agent
CPA
www.davidrootcpa.com

Travel & Transportation

CARIBBEAN
TRAVEL
DEALS
Like US to WIN
www.authenticcaribbeandestinations.com

reserve
your space
DEADLINE: two (2) business days prior to publication at noon.
866-900-9473
metroclassifieds

Phone Services

Career Training

Career Training
A New
Future
Awaits
Everest
INSTITUTE
Brighton • Chelsea
Call Now!
1-888-291-1351
www.SeeEverest.com
Accredited Member, ACCSC

Legal Notices

Do you have a legal notice that you need to publish?

Metro is a newspaper of record with the Suffolk Probate, Middlesex Probate and Land Court!

Publishing your notices with Metro will satisfy your legal obligation and can save you money in the process!

Do you need to publish a notice for:

- Mortgage Sale of Real Estate
- Public Notice
- COB Liquor License
- Licensing Board
- Notice of Public Hearing
- Divorces
- Care and Protection of Parental Rights
- Notice of Sale of personal Property
- Transportation
- Order of Notice

Contact the Metro today and find out how we can help while saving you money!

Herman Miles: 617-532-0105

Notices

Social Announcements

SWM Seeks a WOMAN

Self employed Unique Man seek a Soul mate..the love of my life
I am very generous, looking for a friend and I have a big heart and I I'm also very romantic please leave a message and I will return your call
781-641-0021
YOU WILL NOT BE DISAPPOINTED!

"I FEEL LIKE
A FISH
WITH NO WATER."
–JACOB, AGE 5
DESCRIBING ASTHMA

Ad Council
You know how to react to their asthma attacks. Here's how to prevent them.
1-866-NO-ATTACKS
EVEN ONE ATTACK IS ONE TOO MANY.
For more information log onto www.noattacks.org or call your doctor.
EPA

at home with metro

Rhode Island development proves that a home by the sea can be enjoyed throughout the entire year

Carnegie Abbey Club:

'It's a Disneyland for adults'

A home by the sea isn't just for summer. At least, Tom and Judy Walsh don't live that way. They turned their vacation home at the Carnegie Abbey Club in Portsmouth, R.I., into a year-round one.

Positioned on a beautiful area of coastline overlooking Narragansett Bay, the Carnegie Abbey Club has a clubhouse for dining and socializing, and a Donald Steel designed golf course. Now, with the addition of the adjacent Newport Beach Club, which adds an equestrian center, tennis courts, yachting and that all essential spa, the clubs form one of the East Coast's most extensive sporting estates. It's simply an adult play land.

"It's a Disneyland for adults," agrees Judy Walsh with a giggle. This Bristol, R.I., native, and her Illinois-born husband, Tom, joined the Carnegie Club in 2004 and have lived there since 2008. They plan to join the Newport Beach Club to extend their pleasures and pursuits. They enjoy the added attractions of nearby Newport and Providence, and the sense of duty Judy's link to the area brings.

"It's not all la-la-land," say Tom. "We get involved in the local community, volunteering. We're not cut off from the surrounding area."

The Walsh's own their home just like a "normal" one — and when they want a holiday, they head elsewhere. Perhaps the best thing about full-time living in a community that many residents see as a vacation home (some homeowners rent out their places when they aren't using them) is that for most of the year you have the place to yourself.

"There's only two other couples who live here full-time," says Tom. "It's like living on your own private estate."

▶ Imagine a backyard like this.

Quoted

"It's not all la-la-land. We get involved in the local community, volunteering. We're not cut off from the surrounding area."

TOM WALSH

▶ Not all condo developments are created equal.

LINDA LABAN
linda.laban@metro.us

Live here

The Carnegie Club includes single families and condos ranging from $550,000 to $11 million. For more info, call 401-682-6000 or visit www.carnegie

Metro Boston
Mortgage Guide
Bankrate.com

Program	Rate	Points	Fees	% Down	APR
EAST CAMBRIDGE SAVINGS BANK					**866-354-ECSB (3272)** http://www.ecsb.com
30 yr fixed	Call for Rates				
15 yr fixed	Call for Rates				
30 yr jumbo	Call for Rates				
5/1 jumbo ARM	Call for Rates				

Call ECSB for flexible and customized lending solutions
(D) 292 Cambridge Street, Cambridge, MA 02141 NMLS# 441396

Legend: The annual percentage rate (APR) are effective as of 11/7/2012. © 2012 Bankrate, Inc. http://www.bankrate.com. The APR may increase after consummation and may vary. Payments do not include amounts for taxes and insurance. The fees set forth for each advertisement above may be charged to open the plan. (A) Mortgage Banker. (B) Mortgage Broker. (C) Bank. (D) S & L. (E) Credit Union. (BA) indicates Licensed Mortgage Banker, NYS Banking Dept. (BR) indicates Registered Mortgage Broker, NYS Banking Dept. (loans arranged through third parties). "Call for Rates" means actual rates were not available at press time. All rates are quoted on a minimum FICO score of 740. Conventional loans are based on loan amounts of $145,000. Jumbo loans are based on loan amounts of $675,000. Points quoted include discount and/or origination. Lock Days: 30/60. Annual percentage rates (APR(s)) are based on fully indexed rates for adjustable rate mortgages (ARM(s)). The APR on your specific loan may differ from the sample used. Fees reflect charges relative to the APR. If your down payment is less than 20% of the home's value, you will be subject to private mortgage insurance, or PMI. Bankrate, Inc. does not guarantee the accuracy of the information appearing above or the availability of rates and fees in this table. All rates, fees and other information are subject to change without notice. Bankrate, Inc. does not own or any financial institutions. Some or all of the companies appearing in the table pay a fee to appear in this table. If you are seeking a mortgage in excess of $417,000, recent legislation may enable lenders in certain locations to provide rates that are different from those shown in the table above. Sample Repayment Terms – ex. 360 monthly payments of $6.29 per $1,000 borrowed ex. 180 monthly payments of $7.56 per $1,000 borrowed. We recommend that you contact your lender directly to determine what rates may be available to you. To appear in this table, call 800-509-4636. To report any inaccuracies, call 888-509-4636. • http://metroboston.bankrate.com

the lofts
ONE WESTINGHOUSE PLAZA,
HYDE PARK, MASSACHUSETTS

Affordable Live/Work lofts Available
BRA Certified Artists ONLY

$125,000

- Boston Affordable Housing income limit of $61,600.
- $70,400 for a 2 person household
- Own your own loft for less than $1,000 a month with 3% down.
- $230-$260 per month condo fee.
- Deeded parking. On site gym facilities included. On site security.
- Brick and beam lofts with artist venting and work sinks.
- 20 minutes from downtown. 1/4 mile from Readville Commuter Rail, four stops to Back Bay or South Station

Equal Housing Opportunity

Only nine artist lofts available.

All buyers must be BRA Certified Artists and have an income that does not exceed $61,600.

BRA artist and affordable housing deed restrictions apply.

The Lofts at Westinghouse

A Classic Mill Building. A Creative Renewal. A Dramatic Conversion.

Presented by
The Hamilton Company
www.theloftsatwestinghouse.com
Contact Patrick Reardon at
preardon@thehamiltoncompany.com

at home with metro

Build it yourself

Ladies, forget buying a shelf — let alone getting a man to hang it up. DIY blogger Ana White says build one on your own.

The petite 32-year-old mom constructs furniture — such as a solid farmhouse bed and charming dining room hutch — in her home in Alaska and shares her easy-to-follow plans on her wildly popular furniture design site, Ana-white.com. Last month, she released her debut book, "The Handbuilt Home," with instructions and tips for 34 (mostly new) stylish and budget-friendly woodworking projects.

For those afraid to pick up a drill, White uses her own experience as motivation. "I didn't use a drill or saw until I was in my mid-20s. It's not that you can't, it's just that you haven't been taught," says White, who built her first piece of furniture because she and her husband couldn't afford high-quality design and didn't want to compromise on cheaper particle board options. "A drill to me is as easy as a hand mixer — it rotates with an attachment. So I say, 'If you can beat eggs, you can use a drill.'"

Still not convinced? White recommends starting small. "Have your hardware store cut your boards so you're not dealing with a saw. Take them home, use a drill — but pretend it's a hand mixer — and make your first piece of furniture. You'll build up some confidence and go from there."

Why DIY?

White on why you should make your own furniture:

Save thousands of dollars: "Everybody wants to save some money, right? When you build furniture, you save upward of 90 percent off retail. That's why I started building my own. I said, 'I'm a mom. We have a tight budget, where can I be the most effective?' I found that furniture was where I could create the biggest return for my time."

You're the boss: "When you DIY, you say what goes in your home. You can say, 'I want this color. I want it to fit this space. I have a small apartment, I want a floor-to-ceiling bookshelf that fits perfectly.' If you're buying something you're stuck dealing with what is 'in season' or 'in style.'"

It's green: "You can make your project greener. You can say, 'I want a really high indoor air quality in my home, so I'm going to choose formaldehyde-free materials. I'm going to use low VOC paint and make our

JACOB WHITE

▶ "At Home Depot you can buy a sheet of PureBond formaldehyde-free wood, which means it does not off-cast into your home, for about $50," says White.

ADVERTISEMENT

NOW THAT THE ELECTION IS OVER

By Attorney George Warshaw

Thank goodness. No more ads by candidates ripping each other to shreds. But now, what's ahead for the real estate economy?

Predictions that real estate will lead us back in the recovery quickly turned to gloom a day after the election. "The recession is upon us again! The sky is falling!"

I must say that I am so sick of hearing good news one day and Armageddon the next.

I'm taking a simpler, unscientific approach to understanding the future of the market. If you want to know what the weather will be, stick your head out the window.

In my view, this country is in a credit crisis. I ask three recovery questions: Is individual credit card debt being reduced? Are foreclosures slowing? Is consumer confidence positive, negative or indifferent?

A positive answer to all three questions means to me that people are recovering and will spend money again soon. People spending money generally means that more people get employed to meet demand.

Perhaps my view is simplistic, but right now the real estate market is still moving forward. Prices have increased. Rents are rising. Homes and condos for sale are in shorter supply. New home construction is up. Banks want to and need to make loans.

All very positive signs. That's my view! © 2012 George Warshaw.

GWA

George Warshaw is a real estate attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions at metro@warshawlaw.com.

$HOPPING FOR THE BEST MORTGAGE OR REFINANCING DEAL IN BOSTON?

Mayor Thomas M. Menino invites you to attend

FINANCIAL ASSISTANCE WORKSHOP &

MEET THE LENDER$!

Meet the Lenders is one-stop shopping for Boston homebuyers and homeowners!

Meet the Lenders is a two-hour networking opportunity to meet mortgage lenders, understand their loan programs and your purchase and refinance options.

Come early to attend our Financial Assistance Workshop and find out how to receive downpayment and closing cost assistance when buying a 1-3 family home or a condo in Boston, or up to $65,000 when buying a foreclosed home in certain Boston neighborhoods.

Particpating Lenders include:
Bank of America
Boston Private Bank and Trust
Citizens Bank
East Boston Savings Bank
Eastern Bank
Metro Credit Union
Mt. Washington Bank

November 15, 2012
West End Branch Library
151 Cambridge Street
Boston

Financial Assistance Workshop
5:00pm - 6:00pm
Meet The Lenders - 6:00pm - 7:45pm

To register, call the Boston Home Center at
617-635-HOME (4663) or visit www.bostonhomecenter.com

The Boston Home Center

City of Boston, Thomas M. Menino, Mayor
Department of Neighborhood Development

RSQ² ROSEMONT SQUARE

NOW OPEN!

LUXURY ONE BEDROOM APARTMENTS

Rents Starting at $1,147*

• Pet Friendly • Smoke Free Community •
• 24-Hour Maint. Service • Stainless Steel Appliances •
• Washer/Dryer in Every Home • Elevators •
• Swimming Pool • Private Balconies/Patios •
• Fitness Center/Community Club Room •
*Income guidelines may apply

CALL TODAY FOR A TOUR!

781.961.7673 TTY: 711

BEACON communities

2 Chestnut West • Randolph, MA 02368 • Rosemont@BeaconCommunitiesLLC.com

home healthier as well.' You can also say, ' I don't want to contribute to landfills.' When I make my own furniture, there's no packaging involved. I just go to Home Depot and get some raw boards and build something. I don't have to figure out a way to dispose of this packaging or think about the furniture being shipped overseas and then shipped back to manufacturing plants and distribution centers."

Aren't supplies expensive?

"Most furniture that you buy is particle board. If you're to compare apples to apples, you can buy a 4-foot by 8-foot sheet of particle board big enough to make a bookshelf for $17 at any hardware store. If you want to go up a grade, make it out of plywood, which high-quality cabinets are made out of. You could buy a sheet of it for $50."

TINA CHADHA
tina.chadha@metro.us

DIY project

Gallery ledges

If you are anything like me, you like to accessorize your house. You want to change things up with the seasons by adding fresh photos and decor. But you want this change to be easy and fast. A simple gallery ledge allows you to keep your home updated season by season, holiday to holiday. Create a wall of vacation memories or use these customizable ledges to display collectibles. In just a few hours, and for as many dollars, you can transform a blank wall into your favorite part of your home.

Shopping list:
- 1x4: 2' (61cm) per every foot (30.5cm) of ledge
- 1x2: 1' (30.5cm) per every foot (30.5cm) of ledge
- Wood glue
- 2" (5cm) nails or screws or
- 1¼" (3cm) pocket hole screws
- 3" (7.5cm) screws or picture-hanging bracket

▶ How she finished the ledges: "I used scrap wood that had a lot of 'character,' primed and painted with two coats of off-white satin. I predrilled and countersank 2-inch wood screws through the back portion of the ledge and into the wall with mollys."

- Finishing supplies

Tools:
- Basic hand tools
- Finish nailer or pocket hole jig or drill with countersink bits
- Stud finder (optional)
- Level

Cutting list:
- 2 1x4s at desired ledge length
- 1 1x2 at desired ledge length

Directions:

1 Back: If you are using pocket holes, drill ¾" pocket holes every 6" (15cm) to 8" (20.5cm) along both edges of the bottom of the shelf. Attach the back with glue and 1¼" (3cm) pocket hole screws. For nails and countersunk screws, use ample glue and attach the bottom board to the back with 2" (5cm) screws or nails.

2 Front: The front trim is both decorative and functional. It will keep your displays from falling off the narrow ledge. Attach it with either glue and 2" (5cm) finish nails or pocket hole screws if you drilled holes in the first step. Keep all edges flush to the bottom.

3 Hanging: To hang the ledges, locate the studs in your wall with a stud finder (optional) and mark them. Position the ledges on your wall, marking the location of studs on the back of the ledge. Pre-drill holes into the back of the gallery ledge, matching the stud location. Using 3" (7.5cm) screws through the predrilled holes, attach the back of the gallery ledge to the studs in the wall. Use a level to ensure your shelves are straight. Alternatively, you can use a picture-hanging bracket to hang the shelves.

▶ **TIP: If you hang more than one shelf, leave approximately 15" (38cm) between the two levels of shelves to allow for photos and other artwork.**

4 Planning your ledges: These ledges are simple to build, but you will want to plan out the length of your ledges to fit your wall space. Choosing lengths of 24" (61cm), 32" (81cm), 48" (122cm), and 96" (244cm) conserve the boards best. Lengths less than 24" (61cm) can present hanging challenges.

▶ **TIP: Use painter's blue tape to mark out the location and length of your shelves on the wall. Adjust until you have found the perfect length.**

▶ **TIP: Consider staggering shelves for added interest and to accommodate objects of varying heights.**

—Excerpted from The Handbuilt Home by Ana White

Best tricks

- Use what you have.
- Build for your space, modify to fit.
- Work in short intervals. Take small steps; I do this mostly out of necessity, but it aids in the thinking process, providing time to mull it over, and allows me to make better decisions.
- If it doesn't exist, make it yourself.
- Use simple tools: drill, saw, sander, sewing machine — nothing fancy.

DOOR BUSTERS THROUGHOUT THE STORE!
Aaron's
DOORS OPEN AT 7AM BLACK FRIDAY!
(Regular Hours Sat. & Mon.)
BLACK FRIDAY EVENT
THREE DAYS ARE BETTER THAN ONE!
FRIDAY, SATURDAY & MONDAY - NOVEMBER 23RD, 24TH & 26TH
NO PAYMENTS ON NEW LEASES†† UNTIL JANUARY 2013!
FURNITURE • ELECTRONICS • APPLIANCES • COMPUTERS
††Applies to New Lease Agreements Only on November 23, 24, and 26, 2012.
TABLETS & LAPTOPS!
FLAT SCREEN TVS!
BIG SCREEN TVS!
MITSUBISHI ELECTRIC
MAGNAVOX
17 Mcgrath Highway (Across from Twin City Plaza) Somerville, MA 02143
CALL: 617-684-3500
LIMITED QUANTITIES! WHILE SUPPLIES LAST!
COME EARLY FOR BEST SELECTIONS!

XII STONEHOLM
An undiscovered jewel of the Back Bay. A recently renovated full service building with a concierge, roof top pool, gym all within a par five of Newbury Street. A few hundred yards from shopping (Whole Foods) and essentials (Starbucks). In the shadow of education: Berklee, Northeastern and MIT. Easy access to the Turnpike and Storrow Drive.
www.xiistoneholm.com
• Rooftop Pool & Decks
• 24-hour security and concierge services
• Renovated lobby and common areas
• Gym with new equipment
• Interior rental garage parking ($225 a month)

Believe

ESTÉE LAUDER ULTIMATE COLOR

Only 58.50 with any Estée Lauder fragrance purchase, a $340 value.
Be your own makeup artist with vibrant colors, a full-size Sumptuous Extreme Mascara, brushes and more. While supplies last. ★ WebID 750598.

For your purchase, choose from over 30 Estée Lauder fragrances including:
Beautiful, $30-$85. ★ WebID 384047.
Pleasures, $30-$78. ★ WebID 75101.
Sensuous Nude, $30-$90. ★ WebID 565783.

the magic of ★ macy's .com

BLOG APP

FREE SHIPPING AT MACYS.COM with $50 fragrance or beauty purchase. No promo code needed; exclusions apply. ★ Enter the WebID in the search box at MACYS.COM to order. ➤ Advertised merchandise may not be carried at your local Macy's & selection may vary by store. Prices & merchandise may differ on macys.com. 2100420